

National Resources

Crisis Support and Helplines

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| Emergency 999 | Tel: 999 | Call an ambulance if someone has already taken steps to end their life Call the police if there is a risk of immediate harm to someone |
| NHS 111 Service | Tel: 111 | Non-emergency help quickly, when GP is closed. A national nurse-led helpline providing medical advice 24/7 |
| Samaritans | Call free on 116 123 Email: jo@samaritans.org For local branches & drop-in times see website: www.samaritans.org | The Samaritans provide 24/7, confidential, emotional support for anyone in crisis. They can also take third person referrals, and will call someone you may be concerned about - all you need to do is call them and they will do the rest. |
| HOPELineUK | Helpline: 0800 068 4141 Or text: 07786 209697 (you do not need to provide name or whereabouts) www.papyrus-uk.org | A confidential helpline service staffed by trained professionals who can give support, practical advice and information to anyone concerned that a young person they know may be at risk of harming themselves. The helpline is open Mon – Fri 10am – 5pm and 7pm – 10pm, 2pm – 5pm on weekends. |
| SANELINE | Helpline: 0300 304 7000 sanemail@sane.org.uk www.sane.org.uk | SANELINE is open every day of the year from 4.30pm to 10.30pm |
| The Mix | Tel: 0808 808 4994 www.themix.org.uk (Web chat and email available) | Free, confidential helpline service for young people under 25 who need help. Open 365 days a year, for absolutely anything you're going through. |
| CALM Helpline | Tel: 0800 58 58 58 London: 0808 802 58 58 www.thecalmzone.net | The Campaign Against Living Miserably offers confidential, anonymous and free support, information and signposting to men anywhere in the UK. 5pm- Midnight every day, calls free from landlines and most mobiles. |
| Breathing Space (Scotland) | Tel: 0800 83 85 87 www.breathingspace.scot | Free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Breathing Space provides a safe and supportive space by listening, and offering advice and information. |

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| Lifeline Helpline (N. Ireland) | Tel: 0800 808 8000 Textphone: 18001 0800 808 8000 (for deaf and hard of hearing Lifeline users) www.lifelinehelpline.info | Free helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help. |
| C.A.L.L. Helpline (Wales) | Tel: 0800 132 737 'Help' to 81066 www.callhelpline.org.uk | Text |
| ChildLine | Tel: 0800 1111 Online chat & Ask Sam www.childline.org.uk | Emotional support and information/literature on mental health and related matters to the people of Wales. Anyone concerned about their own mental health or that of a relative can access the service. C.A.L.L. Helpline offers a free confidential listening and support service. |
| Mind | Tel: 0300 123 3393 or Text 86463 or email info@mind.org.uk www.mind.org.uk | Calls are free and confidential. Help and advice about a wide range of issues. |
| The Silver Line | Tel: 0800 470 8090 www.thesilverline.org.uk | Calls are charged at local rates and lines are open from 9am - 6pm Mon-Fri. Service provides information on a range of topics including: types of mental health problem, where to get help, medication, alternative treatments and advocacy. |
| Maytree Sanctuary | Tel: 020 7263 7070 maytree@maytree.org.uk www.maytree.org.uk | Email: Free confidential helpline, open 24 hours a day, every day of the year. Friendship and advice to older people. |
| Helplines Partnership | Tel: 0300 330 7777 Email: info@helplines.org | In London - a one-off short stay in a safe place for people in a suicidal crisis. |
| Victim Support Sussex | Tel: 0300 330 7777 Email: info@helplines.org | Find a helpline for your particular need |
| Refuge | Tel: 0808 168 9274 Lines are open 8am-8pm Mon to Fri, and 9am-5pm on Sat. Out of hours: Supportline free on 08 08 16 89 111 | For those affected by crime |
| Refuge | Helpline: 0808 2000 247 www.refuge.org.uk | 24 hour domestic violence helpline service |

Mental Health and Counselling

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| Anxiety Alliance | Helpline: 0845 296 7877; www.anxietyalliance.org.uk | Support for those suffering from stress/anxiety |
| BiPolar UK | Tel: 0333 323 3880 http://www.bipolaruk.org/ | Lots of info on bipolar disorder and links |
| Cruse | Helpline: 0808 808 1677 Email: helpline@cruse.org.uk www.cruse.org.uk | Bereavement support & care. |
| Mental Health Foundation | www.mentalhealth.org.uk | Campaigning, policy etc. |

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| No Panic | Freephone: 0844 967 4848 Helpline: 0330 606 1174 www.nopanic.org.uk | Youth | Support for anxiety, phobias and obsessions |
| Nightline Association | www.nightline.ac.uk | | Emotional support for students in distress, confidential & anonymous. |
| Premier Lifeline | Helpline: 0300 111 0101 www.premier.org.uk/lifeline | | Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective |
| Rethink | Tel: 0300 5000 927 www.rethink.org | | Information and support related to mental illness |
| The Listening Place | Tel: 020 7259 8136 listeningplace.org.uk | | Provides a safe place to those who feel like life is no longer worth living, to come and talk freely and confidentially to warm, non-judgemental volunteers. |
| You Raise Me Up charity | 24hr Helpline: 01323 482772 www.youraisemeup.co.uk | | Financial and emotional support to families who have lost a young adult between the ages 16 - 25 |
| Facing the Future - suicide bereavement support groups | Helpline: 0208 939 9560 www.facingthefuturegroups.org info@facingthefuturegroups.org | | Support groups providing a space where you will feel comfortable, listened to and, most importantly, be given time to talk. They provide a safe, relaxed place where there is no pressure, and you will meet other people who are dealing with having lost someone to suicide. |

Drug and Alcohol Services

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| Frank | Tel: 0300 123 6600 82111 Email: frank@talktofrank.com www.talktofrank.com | Text: | Drugs information and resource |
| Addaction | www.addaction.org.uk | | Addaction support adults, children, young adults and older people to make positive behavioural changes. Whether that's with alcohol, drugs, or mental health and wellbeing, we're here to help people improve their lives in ways they never thought possible. |
| Al-Anon Family Groups | Tel: 020 7403 0888 www.al-anonuk.org.uk | | Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. |
| Cocaine Anonymous | Tel: 0800 612 0225 (Free from Landlines) 0300 111 2285 about CA: wtf@cauk.org.uk all other enquiries: pi@cauk.org.uk www.cauk.org.uk | Mobile: Info | Free to join. A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. |

Health and Wellbeing

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| Age UK | Tel: 0800 169 6565 www.ageuk.org.uk | Advice and support for senior citizens |
| Reading Well Books on Prescription | New Reading Well Books on Prescription scheme for dementia was launched on 26 January 2015 www.reading-well.org.uk/ | Reading Well Books on Prescription helps you to understand and manage your health and well-being using self-help reading. The scheme is endorsed by health professionals and supported by public libraries. There are currently two book lists available |

LGBTQ Services

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| LGBT Partnership | Tel: 0207 064 6506 Email: nationallgbtpartnership@gmail.com www.nationallgbtpartnership.org/publications/trans-health-factsheets/ | Trans Health Factsheets: They have been prepared with the interests and wellbeing of all members of the trans community in mind, including young people under the age of 17. They should also be helpful to families and friends as well as to service providers and employers. |
| London LGBT Switchboard | Helpline: 0300 330 0630 Email: chris@llswitchboard.lgbt www.llgs.org.uk | Free & confidential support & information. Helpline open to all in the UK, daily 10am-11pm |

Apps

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| Stay Alive | Free to download on Google Play and Apple App Store or at www.prevent-suicide.org.uk | A suicide prevention pocket resource for the UK Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user and links to 14 UK helplines. Created by Grassroots Suicide Prevention |
| Suicide Lifeguard | Free to download on Google Play and Apple App Store | Suicide Lifeguard is intended for anyone concerned that someone they know may be thinking of suicide. |
| Safety Plan | Free to download on Google Play | Create your own safety plan - A safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed. It helps them not act on their suicidal feelings. The plan is brief, is in the individuals' own words, and is easy to read. It is an emergency plan for suicide crises. |
| My3 Support Network | Free to download on Google Play and Apple App Store | Define your network, and your plan to stay safe - Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and the plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal. |

Online Support and Information

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| Unsuicide | www.unsuicide.wikispaces.com | Online suicide help - This web page might be helpful. It contains tweets from people with thoughts of suicide about what helps them cope with these thoughts. |
| About.com Depression Forum | www.depression.about.com/ | Online chat forum for those coping with depression |
| Help Guide | www.helpguide.org | Helps you to cope with suicidal thoughts. |
| Big White Wall | www.bigwhitewall.com | A peer support network available that encourages you to be open about what is on your mind, to learn more about yourself and to work through what is troubling you. The service does cost to join, but is free in many areas. |
| Reddit Suicide Watch | www.reddit.com/r/SuicideWatch/ | Reddit Suicide Watch, a moderated peer support forum. |
| MindOut Online Support | www.mindout.org.uk | MindOut Online Support: daily, out of hours, online support service for LGBT people. |
| Metanoia.org | www.metanoia.org/suicide/ | If you are thinking about suicide... read this first. |
| Live Through This | www.livethroughthis.org | A collection of interviews with people who have survived a suicide attempt. |
| Conversations Matter | www.conversationsmatter.com.au | A practical online resource to support safe and effective community discussions. |
| CBT Self Help Resource | www.get.gg/suicidal.htm | Cognitive Behaviour Therapy self-help resources |
| DBT Self Help Resource | www.dbtselfhelp.com | Dialectical Behaviour Therapy self-help resources |
| Self Help for the Suicidal | www.selfhelpforthesuicidal.co.uk | Self-help resource |
| Self-Harm Self Help | www.selfharm.net/fself.html | Self-help resource, with advice and links |
| #NoHarmDone | www.inourhands.com/noharmdone/ | Resources providing hope & practical support to those affected by self harm |

This list is not exhaustive and in sharing this information we are not recommending any of these services. It is always sensible to contact a service to see if it is suitable for your needs. We try to keep the information up to date. However, services change regularly and therefore we cannot take responsibility for inaccuracies. If you are aware of any changes or anything you think we should add to this list please e-mail us at:

office@prevent-suicide.org.uk –

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East Sussex Resources

Crisis Support

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| Sussex Police | Emergency Helpline: 999 Telephone from within the UK for non-emergencies: 101 Local call: 01273 470 101 | For immediate emergencies call 999, if you are physically impaired and are unable to call this helpline you can alternatively contact the following: Typetalk Emergency Line: for deaf people and speech impaired people: 18000 Emergency Text: For deaf people and speech impaired people: 65999 |
| Sussex Mental Healthline | Helpline: 0300 500 101 www.sussexpartnership.nhs.uk | Telephone service for anyone experiencing mental health problems including anxiety and depression. Calls limited to 20 min except in cases of extreme distress. Opening hours: Mon – Fri 5pm – 9am, weekends and Bank Holidays 24 hour |
| NHS Direct | Helpline: 111 | Non-emergency help quickly, when GP is closed. A national nurse-led helpline providing medical advice 24/7 |
| Victim Support Sussex | Tel: 0808 168 9274111 Lines are open 8am-8pm Mon to Fri, and 9am-5pm on Sat | For those affected by crime. |
| Samaritans | Call free on 116 123 Email: jo@samaritans.org For drop-in times see website: www.samaritans.org | The Samaritans provide 24/7, confidential, emotional support for anyone in crisis. They can also take third person referrals, and will call someone you may be concerned about - all you need to do is call them and they will do the rest. |
| Accident & Emergency - Conquest Hospital | Conquest Hospital, The Ridge, St Leonards On Sea, East Sussex, TN37 7PT Tel: 01424 755470 - Open 24/7 | If you are unsure whether to refer patients who may be at physical risk because of self-harm or overdose to the Emergency Department, the A&E consultant on duty can give advice over the telephone. |

Suicide Prevention

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| Counselling Partnership – Support for survivors of suicide | Tel: 01273 519108 Email: Sharon@sussexcommunity.org.uk www.sussexcommunity.org.uk | Support for people affected by suicide or attempted suicide (families, carers, friends and colleagues), 1:1 counselling, group work & crisis phone counselling. Services in Hastings, Eastbourne, Bexhill, Rye and Northiam. |
| Grassroots Suicide Prevention | Tel: 01273 675764 Email: office@prevent-suicide.org.uk www.prevent-suicide.org.uk | Suicide intervention and mental health training, campaigning and consultancy. Download Stay Alive App on android and iOS mobile devices. |
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| Cavendish House – Mental Health Services | Cavendish House, Breeds Place, Hastings, East Sussex, TN34 3AA Tel: 01424 726600 Mon - Fri 9.00am - 5.00pm | Various services including: the Adult Community Mental Health teams , Hastings Mental Health Recovery, and East Sussex assessment and treatment |
| Braybrooke House – Psychological therapy | 9 and 9a Holmesdale Gardens, Hastings, East Sussex, TN34 1LY Tel: 01424 710070 | This service provides high quality care if you have healthcare needs related to dementia, or if you are an older adult with specialist needs as a result of complex mental health problems. |
| Together, Your Way – Wellbeing Centres | Bexhill Tel: 01424 213099 Hastings Tel: 01424 434886 Lewes Tel: 01273 475219 Newhaven Tel: 01273 514753 www.together-uk.org | Your Way Wellbeing Centres offer support and information for people experiencing mental health issues; drop-in, 1:1 support |
| Southdown Housing - Autism and Mental Health | Tel: 01273 405 800/ 07805 863 176 Email: s.foard@southdownhousing.org www.southdownhousing.org | For people with mental health needs and people with Autism and mental health needs to take part in community activities |
| Care for the Carers | Tel: 01323 738390 www.cftc.org.uk/ info@cftc.org.uk | Offer specialised support (group work, free counselling) for carers of people with mental health support needs across East Sussex |
| Recovery Partners - Peer Support | Tel: 07960 122525 Email: info@recovery-partners.co.uk | Peer support; group or 1:1 |
| Vandu Language Services - Bilingual Advocacy | Tel: 01273 473986 Emergency contact: 0800 0087650 info@vslanguages.com | Interim advice and support service providing those who do not have English as a first language with the information & guidance to gain access to health services, maintain good mental health & wellbeing. |
| Sussex Community Counselling | Tel: 01273 519108 Email: counselling@sussexcommunity.org.uk | Low-cost counselling that offers clients an opportunity to discuss and explore whatever is troubling them. |

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| Peers in Partnership Student Buddies | Robyn Hatter- Peer Involvement Specialist Email: R.hatter@southdownhousing.org Tel: 07772 613656 | The Buddies are able to support people experiencing mental health issues who would like to attend (or are already enrolled in) an educational course at a mainstream college or the Recovery Colleges in East Sussex. |
| Health in Mind | Tel: 0300 00 30 130 Email: spnt.healthinmind@nhs.net www.healthinmind.org.uk | Health in Mind is a free NHS service for anyone in East Sussex experiencing these kinds of emotional or psychological difficulties, includes; telephone support & wellbeing short courses |
| East Sussex Mental Health Directory of Community Support | bit.ly/EastSussexMHD | An online directory of mental health services and support in East Sussex |

Drug and Alcohol Services

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| STAR – East Sussex Drug and Alcohol Service | Tel: 0300 303 8160 Email: Eastsussex.star@cgl.org.uk www.thinkdrinkdrugs.co.uk | For anyone who is concerned about their own or someone else's drinking or use of drugs |
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Health and Wellbeing

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| My Time Active - East Sussex Health Trainers | Tel: 08009178896 Website: www.mytimeactive.co.uk | There to help you make positive changes that make a real difference to your health (6 sessions) |
| Re:Balance – Weight Management Service | Tel: 08452 160 120 Email: enquiries@rebalanceeastsex.co.uk www.rebalanceeastsex.co.uk | There to help you lose weight and keep it off. It is not a diet. |
| East Sussex Sexual Health Services | Tel: 01424 464 750 or 01323 416 100 www.eastsussexsexualhealth.co.uk | Provision of STI and HIV testing, free treatment, condoms, emergency hormonal contraception, contraception, HIV treatment and care |
| Quit 51 Stop Smoking Service | Tel: 0800 622 6968 Text: smokefree to 66777 www.stopsmokingeastsex.co.uk | For advice and support to stop smoking |
| Sussex Oakleaf – Wellbeing Centres | Eastbourne Wellbeing Centre (Brightview) Tel: 01323 430203 North Wealden (Uckfield and Crowborough Hubs) Tel: 01825 766528 South Wealden (The Old Chapel) Tel: 01323 849524 | The wellbeing centres offer support into social, cultural, spiritual, health, educational, voluntary and employment opportunities in the community |

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| Dementia Support Drop In | Centenary House, Church Community Centre, 21 Holliers Hill, Bexhill, TN40 2DH Tel: 01424 212519 / 078696 19861 Email: whitegates@mail.com | A Dementia- friendly Drop in service 'singing, music and friendship club'. Every Saturday 10:00-12:00 Cost £1.00 per session |
| Coastal Wellbeing WRAP (Wellness Recovery Action Planning) | Molly on 07507 734 370 Molly@coastalwellbeing.co.uk Lucy on 07598 323 254 Lucy@coastalwellbeing.co.uk www.coastalwellbeing.co.uk/ | Wrap courses across East Sussex. Delivering WRAP groups for Drug and Alcohol Recovery, Carers, Mental Health and Wellbeing, Long Term Health Conditions, people with Autism. Most of our groups are funded and are free of charge. We are also available for bespoke WRAP courses and workshops and offer private counselling. |
| Friends Families and Travellers | Tel: 01273 234 777 fft@gypsy-traveller.org | To increase knowledge and access to support services and healthcare, and improve understanding of available services amongst the Gypsy and Traveller communities in East Sussex. |

Housing and Employment

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| Southdown Housing - Employment | Tel: 01273 405822 / 07805 811160 www.southdownhousing.org | One-to-one support to gain and retain employment, self employment, voluntary work and education |
| Home Works - Housing | Tel: 01273 898700 Email: referrals@home-works.org.uk | For people with mental health support needs whether single, a couple or a family, and experiencing housing difficulties. Short term service, usually up to one year. |
| Southdown - Housing Support & Rough Sleepers Services | Tel: 01273 749 500 Email: r.williams@southdownhousing.org www.southdownhousing.org | Housing Support is designed to help vulnerable individuals and families access housing-related services to enable them to live independently in the community. |

LGBTQ Services

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| Eastbourne Rainbow | Tel: 07516670654 Email: derek@eastbournerrainbow.org.uk | Fun and Friendship Social group for the Lesbian, Gay, Bisexual & Transgender 50 Plus residents of Eastbourne and the surrounding areas. |
| Hastings and Rother Rainbow Alliance | Tel: 07593 444677 http://www.hrra.org.uk/ | Hastings and Rother Rainbow Alliance is an organisation that is working to support the Lesbian, Gay, Bisexual and Trans (LGBT) in Hastings and Rother. |

| Apps | | |
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| Stay Alive | Free to download on Google Play and Apple App Store or at www.prevent-suicide.org.uk | A suicide prevention pocket resource for the UK Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user and links to 14 UK helplines. Created by Grassroots Suicide Prevention |
| Suicide Lifeguard | Free to download on Google Play and Apple App Store | Suicide Lifeguard is intended for anyone concerned that someone they know may be thinking of suicide. |
| Safety Plan | Free to download on Google Play | Create your own safety plan - A safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed. It helps them not act on their suicidal feelings. The plan is brief, is in the individuals' own words, and is easy to read. It is an emergency plan for suicide crises. |
| My3 Support Network | Free to download on Google Play and Apple App Store | Define your network, and your plan to stay safe - Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and the plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal. |
| Bounce | Bounce: Free Facebook Messenger Chatbot | Receive support around mental wellbeing. Chatbot encourages you to take a preventative approach to mental health issues, by getting you to complete daily short guided exercises that improve mental resilience. Included is also an "emergency help" section in the bot which provides emergency numbers. |

Last updated Dec 2017

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office@prevent-suicide.org.uk

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West Sussex Resources

Crisis Support

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| Sussex Police | Emergency Helpline: 999 Telephone from within the UK for non-emergencies: 101 Local tel: 01273 470 101 | For immediate emergencies call 999, if you are physically impaired and are unable to call this helpline you can alternatively contact the following: Typetalk Emergency Line: for deaf people and speech impaired people: 18000 Emergency Text: For deaf people and speech impaired people: 65999 |
| Sussex Mental Healthline | Helpline: 0300 500 101 www.sussexpartnership.nhs.uk | Telephone service for anyone experiencing mental health problems including anxiety and depression. Calls limited to 20 min except in cases of extreme distress. Opening hours: Mon – Fri 5pm – 9am, weekends and Bank Holidays 24 hour |
| Adult Social Care - West Sussex | Tel: 01243 642 121 - Office hours Email: socialcare@westsussex.gov.uk – (please include your address and phone number) | Additional emergency phone lines for out of office hours. Phone: 01243 642121 (urgent referrals for adults) Phone: 01903 843239 (to contact an AMHP to consider an urgent Mental Health Act Assessment - for all age groups) |
| Samaritans | Tel: Free 116 123 (UK) 116 123 (ROI) Horsham & Crawley: 01403 276276 Worthing: 01903 205555 Bognor Regis, Chichester & District: 01243 826333 Email: jo@samaritans.org www.samaritans.org.uk | The Samaritans provide 24hr, confidential, emotional support for anyone in crisis. |
| PALS (Patient advice and liaison service) | Tel: 01243 831822 (for St. Richards Hospital) Email: PALSChichester@wsht.nhs.uk Tel: 01903 285032 Email: PALSWorthing@wsht.nhs.uk | You can talk to PALS who provide confidential advice and support to patients, families and their carer's, and can provide information on the NHS and health related matters. |

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| NHS Direct | Helpline: 111 | Non-emergency help quickly, when GP is closed. A national nurse-led helpline providing medical advice 24/7 |
| Victim Support Sussex | Tel: 0808 168 9274 Lines are open 8am-8pm Mon to Fri, and 9am-5pm on Sat. Supportline free on 08 08 16 89 111 Out of hours: | For those who have been affected by crime. |
| Suicide Prevention | | |
| Grassroots Suicide Prevention | Tel: 01273 675764 office@prevent-suicide.org.uk www.prevent-suicide.org.uk | Suicide intervention and mental health training, campaigning and consultancy. Download Stay Alive App on android and iOS mobile devices. |
| Mental Health and Counselling | | |
| Coastal West Sussex Mind | www.coastalwestsussexmind.org Twitter: @MindWestSussex Email: info@coastalwestsussexmind.org | Aims to promote mental health and wellbeing throughout Shoreham, Worthing, Littlehampton, Bognor Regis, Chichester, Bognor Regis, Midhurst and surrounding areas. |
| Sussex Oakleaf | Tel: 01444 459517 info@sussexoakleaf.org.uk www.sussexoakleaf.org.uk/ | Email: Delivers services across Sussex to people who have mental health needs and to people at risk of homelessness |
| The Crawley and Horsham Mental Health Forum | Tel: 01293 657000 Email: diane.ruban@crawleycvs.org www.crawleycvs.org | A meeting place for mental health providers, agencies and individuals dealing with mental health issues to learn, share information |
| Richmond Fellowship - Horsham Outreach | Tel: 01403 241866 www.richmondfellowship.org.uk | For adults aged over 18 with mental health support problems who are registered with a GP and/or are resident in the areas served by Horsham and Crawley Borough Councils. |
| West Sussex Wellbeing | www.westsussexwellbeing.org.uk | Local wellbeing information and services. You can also get support for things like getting your family fitter, doing some regular exercise, and dealing with stress, kicking a habit, or simply improving your general wellbeing. |
| Corner Stone Resource Centre | Tel: 01273 871575 enquiries@corner-house.org.uk www.corner-house.org.uk | Email: Mental Health Resource Centre based in the heart of Southwick. It is for anyone in the Adur community who is affected by mental illness, whether experiencing symptoms themselves, or supporting a friend or family member. |
| Time to Talk – talking therapies service in West Sussex | Adur, Arun , Worthing & Chanctonbury: 01903 703542 Bognor & Chichester: 01273 265967 Crawley & Horsham: 01403 227048 Web: www.sussexcommunity.nhs.uk/t2t | Time to Talk is a friendly and approachable service offering talking therapies, for people suffering from various mental health conditions (e.g. sleep problems, stress, anxiety and depression). Offering a free and confidential service to people aged 18 and over who are registered with a local GP. |

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| Counselling Directory | www.counselling-directory.org.uk/suicidal-thoughts.html | Find a counsellor or psychotherapist dealing with Suicidal Thoughts |
| Drug and Alcohol Services | | |
| West Sussex Drug and Alcohol Recovery Service | Tel: 0300 303 8677 Email: westsussex.contact@cri.org.uk www.thinkdrinkdrugs.co.uk | Drug and alcohol facts, support services and latest information for Kent and Sussex |
| Health and Wellbeing | | |
| Adur & Worthing Wellbeing | Information line 01903 221450 Email: info@adur-worthingwellbeing.org.uk www.adur-worthing.westsussexwellbeing.org.uk | Wellbeing service |
| Home Start - Crawley, Horsham and Mid Sussex | Tel: 01293 416327 Office open Mon to Frid - 9.00am to 2.00pm www.homestartchams.org.uk | Supports families with young children where the parents are experiencing difficulties or struggling to cope. |
| FindItOut Centre - Mid Sussex | Usual Drop in times - Monday, Thursday and Fridays – 1.00pm to 5.00pm. www.yourspacewestsussex.co.uk | We provide information, advice and guidance to all young people aged 13 to 25 in a empowering and non-judgemental way. |
| West Sussex Wellbeing | www.westsussexwellbeing.org.uk/ | The Wellbeing service can help you to find local wellbeing information and services |
| Housing and Employment | | |
| MyKey West Sussex (Southdown) | Tel: 01903 867 350 / 07772 613 945 Email: MyKey@southdownhousing.org www.southdownhousing.org/housing-support/mykey-west-sussex | MyKey Directed Housing Support is a county-wide housing support service commissioned by West Sussex County Council for vulnerable people who have problems maintaining their home, are at risk of losing their accommodation or are already homeless. |
| MyPlace West Sussex (Southdown) | Tel: 01903 867 320 Email: MyPlace@southdownhousing.org www.southdownhousing.org/housing-support/myplace-west-sussex | MyPlace is a specialist service working in key areas of West Sussex and offering care leavers and vulnerable young people aged 16-25 years accommodation-linked and floating support. |

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| Sussex Oakleaf | Tel: 01444 459517 info@sussexoakleaf.org.uk www.sussexoakleaf.org.uk | Email: | Sussex Oakleaf provides a range of support service to people with mental health needs, those with a personality disorder and individuals at risk of homelessness. |
| Family Mosaic | Tel: 01273 468 010 Email: midSussexReferrals@familymosaic.co.uk www.fmcareandsupport.co.uk/ | | The Mid Sussex Resettlement Service provides person-centred support both in supported accommodation and in the community through visiting support. |
| LGBTQ Services | | | |
| TAGS Arun | Tel: 07539 513 171 Email: info@tagsonline.org.uk www.tagsonline.org.uk | | TAGS operates primarily as a social group for the LGBT community in the southern part of West Sussex, but some members come from much further afield. |
| Children & Young People | | | |
| West Sussex CAMHS | CAMHS Worthing: 01903 286 754 CAMHS Chichester: 01243 813405 CAMHS Horsham: 01403 223 200 | | CAMHS are a specialist NHS children's and young people mental health service. The team work with children, young people and their families to offer assessment and treatment where there are emotional, behavioural and mental health difficulties. |
| ChildLine | Tel: 0800 1111 Online chat & Ask Sam www.childline.org.uk | | Calls are free and confidential. Help and advice about a wide range of issues. |
| Young Minds Parent Helpline | Tel: 0808 802 5544 (free for mobiles and landlines) Open from 9.30 to 4.00pm, Mon- Fri. www.youngminds.org.uk | | We offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. |
| Youth Emotional Support (YES) | The service is available by dropping in to any FindItOut Centre. Young people may also be referred to the service by their GP. Email: emotionalwellbeing.yps@westsussex.gov.uk www.yourspacewestsussex.co.uk | | Free service we provide to young people aged between 11-18 who have issues that are affecting their wellbeing. Services: One-to-one or online counselling, group work and intensive support working. We can also tell you about other agencies that can support and advise you. |
| Your Space - Online Information | Twitter: @WSYourSpace Web: www.yourspacewestsussex.co.uk | | Yourspace is a site dedicated to young people aged 11 - 25 years-old living in West Sussex. It's a place to find out about the things that are important to you in your life right now and in your local area. Links to FindItOut centres. |
| Adur FindItOut Centre - Lancing Youth Centre, Penhill Road, Lancing, BN15 8HA | Lancing Tel: 01903 763639 email: heidi.wyatt@westsussex.gov.uk Monday, Wednesday & Friday: 1pm - 5pm | | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |

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| Bognor Regis FindItOut Centre - Church Path, Glamis Street, Bognor Regis, PO21 1DB | Tel: 01243 867430 Email: lawrence.colwell@westsussex.gov.uk Tuesday - Friday: 1.30pm-5.30pm | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |
| Chichester FindItOut Centre - New Park Road, Chichester, PO19 7XY | Email: angela.blackwell@westsussex.gov.uk Tel: 01243 538587 Monday: 1.00pm-5.00pm Wednesday: 1.30pm-5.30pm Friday: 1.30pm-5.30pm | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |
| Crawley FindItOut Centre - 37 Queens Square, Crawley, RH10 1HA | Email: alex.redford@westsussex.gov.uk Tel: 01293 843327 Monday - Thursday 1pm-5pm Friday Closed | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |
| Horsham FindItOut Centre - Youth Hub@Horsham, Hurst Road, Horsham, RH12 2DN | Email: alex.redford@westsussex.gov.uk Tel: 07860 261926 Closed wednesday, open week days 1:30-5pm | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |
| Littlehampton FindItOut Centre - Project 82, 82 Wick Street, Littlehampton, BN17 7JS | Email: lawrence.colwell@westsussex.gov.uk Tel: 07718 322346 Monday, Tuesday & thursday: 1.30pm-5.30pm | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |
| Mid Sussex FindItOut Centre - Park Centre, 60 Park Road, Burgess Hill, RH15 8ET | Email: heidi.wyatt@westsussex.gov.uk Tel: 01444 243922 Monday, Thursday & Friday 1.00pm-5.00pm | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |
| Worthing FindItOut Centre - The Place, 24 Marine Place, Worthing, BN11 3DN | Email: heidi.wyatt@westsussex.gov.uk Tel: 01903 210315 Closed wednesday, open week days 1:30-5pm | If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment. |

| Apps | | |
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| Stay Alive | Free to download on Google Play and Apple App Store or at www.prevent-suicide.org.uk | A suicide prevention pocket resource for the UK Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user and links to 14 UK helplines. Created by Grassroots Suicide Prevention |
| Suicide Lifeguard | Free to download on Google Play and Apple App Store | Suicide Lifeguard is intended for anyone concerned that someone they know may be thinking of suicide. |
| Safety Plan | Free to download on Google Play | Create your own safety plan - A safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed. It helps them not act on their suicidal feelings. The plan is brief, is in the individuals' own words, and is easy to read. It is an emergency plan for suicide crises. |
| My3 Support Network | Free to download on Google Play and Apple App Store | Define your network, and your plan to stay safe - Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and the plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal. |
| Bounce | Bounce: Free Facebook Messenger Chatbot | Receive support around mental wellbeing. Chatbot encourages you to take a preventative approach to mental health issues, by getting you to complete daily short guided exercises that improve mental resilience. Included is also an "emergency help" section in the bot which provides emergency numbers. |

This list is not exhaustive and in sharing this information we are not recommending any of these services. It is always sensible to contact a service to see if it is suitable for your needs. We try to keep the information up to date. However, services change regularly and therefore we cannot take responsibility for inaccuracies. If you are aware of any changes or anything you think we should add to this list please e-mail us at:

office@prevent-suicide.org.uk – Last updated 2017

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Brighton and Hove Resources

Crisis Support

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| Sussex Police | Emergency Helpline: 999 Telephone from within the UK for non-emergencies: 101 Local call: 01273 470 101 | For immediate emergencies call 999, if you are physically impaired and are unable to call this helpline you can alternatively contact the following: Typetalk Emergency Line: for deaf people and speech impaired people: 18000 Emergency Text: For deaf people and speech impaired people: 65999 |
| Sussex Mental Healthline | Helpline: 0300 500 101 www.sussexpartnership.nhs.uk | Telephone service for anyone experiencing mental health problems including anxiety and depression. Calls limited to 20 min except in cases of extreme distress. Opening hours: Mon – Fri 5pm – 9am, weekends and Bank Holidays 24 hours |
| Emergency Duty Service | Helpline: 01273 295555 www.brighton-hove.gov.uk | A service offered by Brighton and Hove City Council Social Services for emergencies outside office hours. 5.00pm - 8.30am Monday - Thursday (nightly), 4.30pm Friday - 8.30am Monday (inclusive), 24 hours - Bank Holidays |
| A & E Psychiatric Liaison Team | Helpline: 01273 696955 Ext. 4248 | Provides 24 hour psychiatric assessment for emergency presentations within the Accident and Emergency and a day time liaison service for inpatients who are admitted elsewhere in the acute hospital. |
| Brighton & Hove - A & E Consultant | Tel: 01273 523235 | If you are unsure whether to refer patients who may be at physical risk because of self-harm or overdose to the Emergency Department, the A&E consultant on duty will give advice over the telephone. Registrar available Midnight -8am |
| MHRRS: Mental Health Rapid Response Service | Tel: 0300 304 0078 (costs the same as local rate numbers and are included in free minutes from mobile phones) | MHRRS service is available 24/7. The service offers mental health support for people who feel at risk to themselves and/or others, or if someone feels concerned that a person is at risk to themselves and/or others due to their mental health. Health professionals, carers or patients can ring for advice. |
| NHS Direct | Helpline: 111 | Non-emergency help quickly, when GP is closed. A national nurse-led helpline providing medical advice 24/7 |
| Samaritans | Call free on 116 123 Email: jo@samaritans.org B&H: 01273 772277 Drop-in 10am-10pm every day | The Samaritans provide 24/7, confidential, emotional support for anyone in crisis. They can also take third person referrals, and will call someone you may be concerned about - all you need to do is call them and they will do the rest. |

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| Sussex Victim Support | Local victim care team: 0808 168 9274 Lines are open 8am-8pm Mon- Fri, 9am-5pm on Sat. Out of hours: Supportline for free on: 08 08 16 89 111 www.victimsupport.org.uk | Emotional and practical help to people who have been affected by crime in Sussex. An independent charity you can contact for support regardless of whether you've contacted the police, and no matter how long ago the crime took place. Sussex Victim Support can help you for as long as it takes to overcome the impact of crime. |
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Mental Health and Counselling

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| Rethink - SOS Support Group | Tel: 01273 709060 – sos.mendos@rethink.org www.rethink.org | Email: Short term emotional support, information and advocacy to people who have thought of, made an attempt, or been bereaved by suicide. Monday - Friday: 9am - 5pm. |
| Counselling Directory | www.counselling-directory.org.uk/suicidal-thoughts.html | Find a counsellor or psychotherapist dealing with Suicidal Thoughts |
| Early Intervention Team | Tel: 01273 718682 | Works with people up to the age of 65 experiencing their first episode of psychosis. |
| Mankind | Tel: 01273 680911 Email: admin@mkcharity.org | Mankind deliver specialist support services to men (18+) who have experienced childhood sexual abuse and/or adult sexual assault at any time in their lives. |
| Survivors Network | Admin: 01273 203380 Helpline: 01273 720110 Text: 07717 999 989 Email: help@survivorsnetwork.org.uk | Support for women survivors of sexual abuse. Helpline is open Wednesday only, 7-9pm |
| Mind in Brighton and Hove | Tel: 01273 666950 Web: http://www.mindcharity.co.uk/ | Support & advocacy for people with mental health issues. The website also has a useful directory designed to help individuals locate services and resources that promote and support mental health and wellbeing - http://www.mindcharity.co.uk/advice-information/directory-of-services/ |
| First Base Day Centre | Tel: 01273 326844 | Support and drop-ins for homeless and people with mental health needs. Office closes at 3.30pm. |
| Age UK Brighton and Hove Counselling Service | Tel: 01273 720603 Email: info@ageuk-bh.org.uk www.ageuk.org.uk/brightonandhove | Clients can be seen in their own home or at an alternative venue, up to 18 weeks' of therapy. Humanistic, holistic style of counselling which can be invaluable for older people who often have a combination of issues that need to be addressed. Cost: Between £10 and £25. We welcome third party referrals (with client consent) |

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| Rock Clinic | Tel: 01273 621841 www.rockclinic.org.uk/ Email: east@rockclinic.org.uk | Counselling & Psychotherapy (some low-cost) |
| Threshold | Tel: 01273 929471 www.bht.org.uk | Information, support & counselling for women |
| Poplar Counselling | Tel: 07944 525304 www.poplarcounselling.co.uk poplarcounselling@ntlworld.com | Counselling and Therapeutic Group-work with a Person- Centred Counsellor |
| As You Are | Tel: 07952 754859 / 07507 706478 www.asyouarecentre.co.uk | Affordable and accessible counselling and group work |
| Brighton and Hove Wellbeing Service | Tel: 0300 002 0060 Email: BICS.brighton-and-hove-wellbeing@nhs.net | A Primary Care based mental health service offering support for all people aged over 18 who are residing and registered with a GP in Brighton and Hove. |
| Brighton and Hove City Council | http://www.brighton-hove.gov.uk/content/health/mental-health-and-wellbeing | Provides information and advice about increasing and maintaining your mental health and wellbeing and also gives information about local support services. |
| Release: Conselling and Therapy for Women | Tel: 07954216995 ellen@releaseforwomen.org.uk | Email: This service aims to improve the mental helth of women, reduce isolation, and enable women to bring about changes in their lives. |
| Psychology Sussex: Men's Support Group | Tel: 01273 778123 Email: admin@psychologysussex.com www.psychologysussex.com | Free and confidential for males of all age groups. |
| Sibling Link | Tel: 07930 473130 Email: info@siblinglink.co.uk Web: www.siblinglink.co.uk | A Brighton-based peer-support that aims to create a safe space for people to meet. It's open for anyone (adults) who has or has had a brother or sister with a mental illness. This group meets on the first Tuesday of every month, 7pm at BHASVIC college. |

Drug and Alcohol Services

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| Change Grow Live - St Thomas Fund | Tel: 01273 823762 www.changegrowlive.org | Residential rehabilitation service based in Brighton and Hove that offers a safe place for adults wanting to become free of drugs and alcohol, and make positive steps towards recovery. |
| Pavilions Drug and Alcohol Service | Tel: 01273 731900 info@pavilions.org.uk http://www.pavilions.org.uk/ | Pavilions provides adult Drug and Alcohol services for Brighton and Hove. Support is available to anyone concerned about their drug or alcohol use, or for the families and carers supporting those struggling with substance misuse. |
| Brighton Oasis Project | Tel: 01273 696970 infor@brightonoasisproject.co.uk www.oasisproject.org.uk | BOP is a substance misuse service for women and families in Brighton. Project supports women who have difficulties with drink or drugs to make positive changes in their lives i.e. overcoming addiction and maintaining recovery. |
| Al-Anon Family Groups | Confidential Helpline: 020 7403 0888 (Helpline available 10 am - 10 pm, 365 days a year) Email: enquiries@al-anonuk.org.uk www.al-anonuk.org.uk | Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Meetings every Thursday at 7.30pm at the Brighthelm Centre. |

Health and Wellbeing

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| Safe Space | Co-ordinator: charlotte.amor@ymcadlg.org 07841067418 | Tel: | If distressed, either through being intoxicated, injured, or have lost friends or are unable to get home. Volunteers available for medical support and resolving security issues. The Safe Space project runs every Friday and Saturday night from St Paul's Church on West Street in the city centre, 11pm until 3.30am for all ages. |
| Off the Fence | Tel: 01273 733566 office@offthefence.org.uk www.offthefence.org.uk | | committed to making a difference in the lives of those who are most 'at risk' in our community. Engaged in four main areas of work: Antifreeze - Life saving support for the homeless. Gateway - supporting women, restoring dignity. Schools & Youth - supporting schools in Brighton & Hove. Ministry - Showing God's love in action |

Terrence Higgins Trust

National Helpline: 0808 802 1221 (Lines
open from 10am to 8pm Mon-Fri)
Tel: 01273 764200
www.tht.org.uk

Support for people living with (and those affected by) HIV/AIDS

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| Citizens' Advice Bureau | National Tel: 0845 120 3710 Tel: 01273 223951 www.brightonhovecab.org.uk | Citizens Advice Bureau for a wide variety of advice |
| Social Care Info Line (Brighton & Hove) | Tel: 01273 295555 | To provide caring services for communities and vulnerable people in Brighton & Hove so they can have more independence and control over their lives |
| My Life - Brighton & Hove Health Information | www.mylifebh.org.uk | Provides reliable health and wellbeing information to professionals & residents of Brighton & Hove |
| Buddhist Centre | Tel: 01273 772090 Email: info@brightonbuddhistcentre.co.uk www.brightonbuddhistcentre.co.uk | Low cost Mindfulness Based Cognitive Therapy courses |
| Gardening For Health- BH Food Partnership | Tel: 01273 431700 Email: info@bhfood.org.uk www.bhfood.org.uk/gardening-for-health | Improve health and wellbeing through gardening. They provide advice and support, to support people to start gardening and join community gardens in B&H. |
| Healthwatch Brighton & Hove | Tel: 01273 234040 help@healthwatchbrightonandhove.co.uk | Information on Health and Social Care services |

Housing and Employment

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| Brighton Unemployed Centre | Tel: 01273 601211 / 671213 – www.bucfp.org | For low income/poor housing support, education, recreation |
| Brighton Housing Trust | Tel: 01273 645400 www.bht.org.uk | Combating homelessness, creating opportunities and promoting change across Brighton & Hove, Eastbourne, Hastings, Wealden and Lewes districts. |

LGBTQ Services

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| Allsorts Youth Project | Tel: 01237 721211 Email: youth@allsortsyouth.org.uk www.allsortsyouth.org.uk | Support lesbian /gay /bisexual /trans/ unsure young people 16-25 year olds and parents |
| MindOUT: LGB&T Mental Health Project | Tel: 01273 234839 Email: info@mindout.org.uk www.mindout.org.uk | Advice, information, advocacy, a peer support group, wellbeing activities and events and a food & allotment project. |
| BH LGBT Switchboard - Helpline & Counselling | Tel: 01273 204050 weekdays and weekends from 5pm www.switchboard.org.uk | "listen, support and inform" One-to-one low cost counselling services and helpline |
| The Speak Out Rainbow Group | Tel: 01273 421 921 info@bhspeakout.org.uk | Email: A group for LBGQTQIA people with learning difficulties, Meet and talk to other LBGQTQIA people |

Bereavement Support

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| Facing the Future - suicide bereavement support groups | Helpline: 0208 939 9560 www.facingthefuturegroups.org info@facingthefuturegroups.org | Support groups providing a space where you will feel comfortable, listened to and, most importantly, be given time to talk. They provide a safe, relaxed place where there is no pressure, and you will meet other people who are dealing with having lost someone to suicide. |
| Survivors of Bereavement by Suicide (SOBS) – Support Group | Tel: Paula on 07747664294 Email: sobs.brighton@gmail.com Web: www.uk-sobs.org.uk/support-group/brighton/ | Meets 1st Monday of every month. Self-help support group where you can meet with other people who have been bereaved by suicide. They provide an opportunity to listen, to share, to ask questions and to connect with others. |
| Cruse Bereavement Care | National Helpline: 0808 808 1677 Tel: 01273 234007 www.crusebereavementcare.org.uk | Local and national bereavement care. The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm. |

Women

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| Rise - The Portal | Freephone: 0300 323 9985 Helpline: 01273 622822 | Rise helps people affected by domestic abuse find solutions, shelter and support in Brighton, Hove and Sussex |
| Brighton Woman's Centre | Tel: 01273 698 036 Email: info@womenscentre.org.uk | Brighton Women's Centre empower women and children to improve their life chances and lead independent lives by reducing inequalities through the provision of holistic and integrates services. |
| Inspire | Tel: 01273 698036 Email: sophiegibson@womenscentre.org.uk | Inspire supports women with multiple vulnerabilities at all stages of involvement in the criminal justice system |

Young People

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| CAMHS - Child and Adolescent Mental Health Service | Tel: 01273 718680 (Mon-Fri 9am-5pm) | The Children and Adolescent Mental Health Service (CAMHS) and the Community CAMHS team work closely together to support children and young people with emotional and mental health needs. |
| YMCA Downslink Group | Tel: 01273 222550 Email: reed.house@ymcadlg.org | We provide a place and space for young people to feel safe through accommodation, training, learning, support and advice, counselling and mediation that will lead to better life chances and a positive future. |

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| E-Motion Brighton & Hove (Email counselling) | Tel: 01273 828828 Email: frankie@e-motionbh.org.uk www.e-motionbh.org.uk | A free online counselling project for young people aged 13-25 years who live in Brighton and Hove. |
| Young People's Centre/ YAC Counselling | Tel: 01273 230130 OR Youth Advice Centre Tel: 01273 624432 | For 16-25 year olds, drop-in, free face to face counselling or if you are wanting to talk to someone. |
| TAPA - Teen to Adult Personal Advisers | Can be contacted through the CAMHS service Tel: 07738758373 Email: tapa@sussexpartnership.nhs.uk | A service for young people aged between 14-25, which offers advice and support to those experiencing mental/emotional health who are not currently engaged with the mainstream services. |

Apps

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| Stay Alive | Free to download on Google Play and Apple App Store or at www.prevent-suicide.org.uk | A suicide prevention pocket resource for the UK Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user and links to 14 UK helplines. Created by Grassroots Suicide Prevention |
| Suicide Lifeguard | Free to download on Google Play and Apple App Store | Suicide Lifeguard is intended for anyone concerned that someone they know may be thinking of suicide. |
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| My3 Support Network | Free to download on Google Play and Apple App Store | Define your network, and your plan to stay safe - Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and the plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal. |
| Bounce | Bounce: Free Facebook Messenger Chatbot | Receive support around mental wellbeing. Chatbot encourages you to take a preventative approach to mental health issues, by getting you to complete daily short guided exercises that improve mental resilience. Included is also an "emergency help" section in the bot which provides emergency numbers. |

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