

# Whatever you're going through, YOU ARE NOT ALONE.

NATIONAL  
RESOURCES



**samaritans.org**  
Crisis support  
116 123 (24/7)  
jo@samaritans.org



**papyrus-uk.org**  
For <35 or >35  
who are concerned  
0800 068 4141



**giveusashout.org**  
Text support service



**styalive.app**  
Free app by Grassroots  
Suicide Prevention

Hub of Hope

**hubofhope.co.uk**  
National directory of  
mental health support

## ALCOHOL / DRUGS

**alcoholics-anonymous.org.uk**

0845 769 7555 (24/7)

**talktofrank.com**

0300 123 6600 (24/7)

**ukna.org**

Narcotics Anonymous inc. local meetings  
0300 999 1212 (10am-midnight)

**wearewithyou.org.uk**

drink/drug info & service finder

## ANXIETY

**anxietyuk.org.uk**

03444 775 774 (Mon-Fri 9.30am-5.30pm)

**nopanic.org.uk**

0300 772 9844 (10am-10pm)

0330 606 1174 (youth line)

## BEREAVEMENT

**ataloss.org**

**bereavementcare.uk**

**cruse.org.uk** 0808 808 1677

**thegoodgrieftrust.org**

## SUPPORT FOR CHILDREN

**hopeagain.org.uk**

0808 808 1677 (Mon-Fri 9.30am-5pm)

**griefencounter.org.uk**

0808 802 0111 (Mon-Fri 9am-9pm)

**winstonswish.org**

**childbereavementuk.org**

online and phone support

## AFTER A SUICIDE

**suicideandco.org**

free counselling for adults after a suicide

0800 054 8400 (Mon-Fri 9am-9pm)

**uk-sobs.org.uk**

Survivors of Bereavement by Suicide –  
groups around the UK / 0300 111 5065

**facingthefuturegroups.org**

online support groups

**supportaftersuicide.org.uk**

links to excellent resources including:

- Help is at Hand (NHS booklet)
- Finding the Words
- First Hand (for witnesses to a suicide)

**speaktheirname.org**

the UK memorial site for loved ones lost  
to suicide

## CHILDREN / YOUNG PEOPLE

**ditchthelabel.org**

global youth charity inc. support forum

**youngminds.org.uk**

UK's leading mental health charity

**childline.org.uk**

for under 19s 0800 1111 (24/7)

**themix.org.uk**

for under 25s 0808 808 4994

**studentminds.org.uk**

**familylives.org.uk**

0808 800 2222 (9am-9pm / 10am-3pm)

## DOMESTIC VIOLENCE

**refuge.org.uk**

0808 2000 247 (24/7)

**safeline.org.uk**

National Male Survivors helpline

0808 800 5005 (9am-8pm / 10am-2pm)

## FINANCES / DEBT

**nationaldebtline.org**

0808 808 4000 (Mon-Fri 9am-8pm)

**moneyhelper.org.uk**

## GAMBLING

**gamblersanonymous.org.uk**

**gamcare.org.uk**

gambling support starts here

0808 8020 133 (24/7)

## LGBTQ+

**lgbt.foundation**

0345 330 3030 (Mon-Fri 9am-9pm)

**switchboard.lgbt**

0300 330 0630 (10am-10pm)

## MEN

**andysmanclub.co.uk**

men's support groups all over the UK

**mantherapy.org**

videos and other resources

**@the\_braveproject**

Suicide prevention for Black, Asian and  
minority ethnic boys & young men

## MENTAL HEALTH

**sane.org.uk**

0300 304 7000 (4.30pm–10.30pm)

**mind.org.uk**

0300 123 3393 (9am-6pm)

text 86463 email info@mind.org.uk

**rethink.org**

0300 5000 927 (9.30am-4pm)

**doctors-in-distress.org.uk**

protects and promotes the mental health  
of healthcare workers

## OLDER PEOPLE

**thesilverline.org.uk**

for people over 55

0800 4 70 80 90 (24/7)

**ageuk.org.uk**

0800 055 6112 (8am–7pm)

**wearehourglass.org**

0808 808 8141

## PARENTS

**youngminds.org.uk/parent**

0808 802 5544

## RELATIONSHIPS

**relate.org.uk**

Counselling

**thespark.org.uk**

0808 802 2088 (Tue-Thu 11am-2pm)

## SELF-HARM

**nshn.co.uk** National Self-Harm Network

**harmless.org.uk**

**selfinjurysupport.org.uk**

0808 800 8088 (Tue-Thu 7-9.30pm)

**lifesigns.org.uk**

## VETERANS

**combatstress.org.uk**

0800 138 1619 (24/7)

**veteransgateway.org.uk**

0808 802 1212

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BRIGHTON,  
HOVE &  
SUSSEX  
RESOURCES

## ALCOHOL / DRUGS

### **changegrowlive.org**

free confidential support for over 25's  
East Sussex 0300 3038 160  
West Sussex 00330 128 1113  
Brighton 0300 3038 160

### **oasisproject.org.uk**

recovery service for women in East  
Sussex (excluding Brighton)

### **bht.org.uk/services/addiction- services**

Recovery Project - BHT Sussex

### **aa-eastsussex.org**

Alcoholics Anonymous in East Sussex  
01622 751842

## ANXIETY

### **sussexpartnership.nhs.uk**

NHS East, West Sussex & Brighton  
Talking Therapies - access via GP  
service or complete a self-referral.

## BEREAVEMENT

### **Bereavement service – Brighton & Hove over 50s**

provided by Age UK: **ageuk.org.uk**  
0800 019 1310

[bereavement.service@ageukwsbh.org.uk](mailto:bereavement.service@ageukwsbh.org.uk)

## SUPPORT FOR CHILDREN

### **fsncharity.co.uk/projects/dragon flies-bereavement-project**

Dragonflies offers free pre or post  
bereavement support to under 18s in  
Hastings, Rother, Eastbourne and  
surrounding areas – 01424 423683

## AFTER A SUICIDE

### **SOBS local monthly meetings**

**Brighton:** 1st Mon / 3rd Thu 7-9pm

Josie: 07398 135 283 / [brighton@uksobs.org](mailto:brighton@uksobs.org)

**Eastbourne:** 1st Wed

Derek: 07376 303440 /

[eastbourne@uksobs.org](mailto:eastbourne@uksobs.org)

**Horsham:** 1st Wed

Sarah: 07752 874 693 / [horsham@uksobs.org](mailto:horsham@uksobs.org)

## CHILDREN / YOUNG PEOPLE

### **sussexcamhs.nhs.uk**

CAMHS is the Child & Adolescent Mental  
Health Service provided by the NHS

### **ymcadlg.org**

Youth Advice Centre (YAC) for Housing  
Advice, Mental Health, Family Mediation

### **brightonandhovewellbeing.org/ children-and-young-people**

Wellbeing Service for under 18s offering  
counselling, CBT, play/drama therapy etc

### **facebook.com/bmeypp**

Black and Minority Ethnic Young People's  
Project – drop ins and activities

### **brightonyouthcentre.org.uk**

### **extratimebrighton.org.uk**

high quality, affordable clubs, holiday  
schemes and family events for CYP with  
and without disability aged 4-25.

## DOMESTIC VIOLENCE

### **The Portal**

0300 323 9985

### **riseuk.org.uk**

01273 622 822

Mon-Tue 9.30am-12.30 / Wed 5pm-7pm

### **survivorsnetwork.org.uk**

01273 720 110

### **mankind.org.uk**

for male victims of domestic abuse  
01823 334244

### **switchboard.org.uk/what-we- do/domestic-abuse/**

## FINANCES / DEBT

### **moneyadviceplus.org.uk**

Brighton office 08081 963699

[info@moneyadviceplus.org.uk](mailto:info@moneyadviceplus.org.uk)

Eastbourne office 01323 635 999

[advice@moneyadviceplus.org.uk](mailto:advice@moneyadviceplus.org.uk)

## GAMBLING

### **breakeven.org.uk**

free counselling for anyone affected by  
gambling in the South-East of England  
01273 833722 / [info@breakeven.org.uk](mailto:info@breakeven.org.uk)

## LGBTQ+

### **allsortsyouth.org.uk**

for <26s exploring their sexual orientation  
and/or gender identity – and their families

### **switchboard.org.uk**

01273 204050 Mon-Thu 7-9.30pm

Inc. LGBTQ-led domestic abuse,  
bereavement, and dementia support.

### **ledcen.org.uk**

Ledward Centre, 14A Jubilee St, BN1 1GE

Tue-Sat 10am-6pm / Sun 10am-4pm

### **clareproject.org.uk**

supporting trans, non-binary and intersex  
adults in Sussex

### **therainbowhubbrighton.com**

for reporting hate incidents

## LONELINESS

### **togetherco.org.uk**

Befriending, social prescribing and  
volunteering in Brighton, Hove and beyond.

### **tttb.org.uk**

Time to Talk Befriending: Sussex-wide

### **theglamourclub.co.uk**

themed events in Worthing for over 50s or  
anyone who is lonely or socially isolated  
07861 715918 / [info@theglamourclub.co.uk](mailto:info@theglamourclub.co.uk)

## MEN

### **dadlasoul.com**

revolutionary playdates in Brighton, Hove &  
Worthing, reimagining the traditional  
approach to men's mental health provision

### **Wolfpack Community**

facilitated men's space in Brighton & Hove  
Search wolfpack on Eventbrite

## MENTAL HEALTH

### **uok.org.uk**

Mental Health & Wellbeing Support in  
Brighton & Hove  
0808 196 1768 (Mon-Fri 9am-5pm)

### **Sussex Mental Healthline**

0800 0309 500 (24/7)

### **southdown.org/services/staying- well/ 0800 023 6475**

out-of-hours MH crisis prevention service  
in Brighton, Eastbourne and St Leonards

### **mindcharity.co.uk**

Brighton & Hove 01273 666950

Hastings & Eastbourne 01903 227000

Midhurst 07474 871 899

Worthing 01903 268 107

### **mindout.org.uk**

LGBTQ mental health support

01273 234 839

### **sussexpartnership.nhs.uk/eips**

Early Intervention in Psychosis Service  
for 14-65 year olds

## OLDER PEOPLE

### **ageuk.org.uk**

Brighton & Hove 01273 720 603

East Sussex 01273 476 704

West Sussex 0800 470 8090

### **lifelinesbrightonhove.org.uk**

growing old disgracefully! 01273 688117

### **ageingwellbh.org**

activities for 50+ in Brighton and Hove

## SUICIDE THOUGHTS

### **Rethink: Survivors of Suicide (SOS)**

support for people who are thinking of,  
survivors of or bereaved by suicide  
01273 709 060 (Mon-Fri 9am-5pm)  
Email [sos.mendos@rethink.org](mailto:sos.mendos@rethink.org)

### **MHRRS**

**Mental Health Rapid Response Service**  
0300 304 0078 (24/7)

### **samaritans.org**

116 123 (24/7) or talk face-to-face in  
Bognor Regis, Brighton, Eastbourne,  
Horsham or Worthing

# How to talk about suicide

Because our words have the power to **perpetuate** or **eliminate** stigma

Instead of:	Say this:
"They <i>committed</i> suicide." "They <i>completed</i> suicide." "It was a <i>successful</i> suicide attempt."	"They died by suicide." "They took / ended their own life."
"It was a <i>failed</i> suicide attempt."	"They didn't fail. They <i>survived</i> ."
"They were a coward."	"They hated the idea of being a burden on anyone."
"They were selfish."	"They were in so much pain."
"They took the easy way out."	"Their pain must have become unbearable."
"Suicide is a permanent solution to a temporary situation."	"They lost hope that it could ever get better."
"They're acting odd."	"They're struggling to cope and need support." → "Hey, you don't seem yourself. Can we talk?"
"They need to get over it."	"They need a friend to help them through this."
"People who attempt suicide are attention-seeking."	"People who attempt suicide are attention- <i>needing</i> / attachment-seeking / connection-seeking."
"What do you have to be depressed about?"	"No-one chooses to feel this way."
"Stop feeling sorry for yourself."	"I'm sorry you're hurting. Tell me more?"
"You're being overly dramatic."	"I'm here for you. What can I do to support you?"
"Don't do anything stupid."	"I'm wondering if life feels so hard right now that you don't want to be here... Are you thinking of suicide? I'd like to know, so together we can find you the right support."

## Ideas to hold in mind:

1. Most people thinking of suicide aren't necessarily seeking a way to die, but a way **to end their pain**.
2. Most people thinking of suicide **let others know** - consciously or unconsciously.
3. Anyone can think of suicide - and **anyone can learn to talk about suicide with confidence, clarity and compassion**.
4. Because of 1, 2 and 3, it is believed that suicide is **one the most preventable causes of death**.

For training opportunities:



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