

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

**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

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

brighton@uksobs.org

Eastbourne: 1st Wed

eastbourne@uksobs.org

Horsham: 1st Wed

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

Eastbourne office 01323 635 999

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

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

MEN

dadlasoul.com

revolutionary playdates

icebreakers.uk

a cold-water dipping community for men

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

MHRRS

Mental Health Rapid Response Service

0300 304 0078 (Mon-Fri 8am-10pm /
weekends 10am-10pm)

samaritans.org

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

*If you have any updates, please email
hello@starttheconversation.uk*

**▶start the
conversation.uk**