

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



## 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

### **alcoholics-anonymous.org.uk/re-gions/south-east-region/**

support with alcohol addiction in the SE

## ANXIETY

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

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

## BEREAVEMENT

Connect with the local branches of any  
services on the reverse e.g. Cruse.

## SUPPORT FOR CHILDREN

### **jigsawsoutheast.org.uk**

01342 313895 Mon-Fri 9.30-12.30

## AFTER A SUICIDE

### **SOBS local meetings**

**Brighton:** 1st Monday of the month 7pm  
brighton@uksobs.org

**Eastbourne:** 1st/3rd Wednesday 6.30pm  
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

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

for anyone affected by domestic abuse

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

for male survivors of domestic abuse

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

for survivors of sexual violence in Sussex

### **safeinsussex.co.uk**

for women in West Sussex

## 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  
01273 833722 / info@breakeven.org.uk

## LGBTQ+

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

for <26s and their families

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

for trans, non-binary and intersex adults

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

LGBTQ mental health support

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

01273 204050 Mon-Thu 7-9.30pm  
Inc. LGBTQ-led domestic abuse,  
bereavement, and dementia support.

## 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 for dads of all kinds

### **icebreakers.uk**

cold water community for men

## MENTAL HEALTH

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

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

### **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

### **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 or suggestions  
for this list, please email*

[hello@starttheconversation.uk](mailto:hello@starttheconversation.uk)

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conversation.uk**