

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

BRIGHTON,
HOVE +
SUSSEX

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-se
rvices**

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

different-hats.co.uk/our-mission

the home of *You Alright Mate?* campaign

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

This list was created by:

**start the
conversation.uk**

SUICIDE PREVENTION + TOOLS FOR THE TOUGH STUFF

If you have updates or suggestions,
please email hello@starttheconversation.uk



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