

## **Mental Health Signposting Links- Local and National Services**



**Brighton and hove Wellbeing Service** offer counselling, CBT, play therapy and drama therapy to children and adults can also self-refer for wellbeing support

<https://www.brightonandhovewellbeing.org/children-and-young-people>



**Young Minds** website and parent helpline

<https://www.youngminds.org.uk/>



**MindEd** offers safe and reliable advice about young people's mental health, created by experts and parents together

<https://mindedforfamilies.org.uk/young-people/>

Welcome to Brighton & Hove

### **Family Service Directory**

**Brighton and Hove Family Service Directory-** search for local services under different categories.

<http://www.familyinfobrighton.org.uk/kb5/brighton/fsd/results.page?sorttype=field&sortfield=title&familychannel=5>

### **Brighton and Hove Family Information Service (FIS)**

- Referrals to foodbanks and other agencies offering support
- Advice on benefits and debt and navigating the system - including welfare reform
- Applications to charitable grants for essential goods, for example, beds, cots, 'white goods'
- Help with Discretionary Social Fund applications
- Support and advice around housing and homelessness
- Advice about getting back to work

<https://www.brighton-hove.gov.uk/families-children-and-learning/childcare-and-family-support/family-information-service-fis>



**As you are-** As You Are provides affordable counselling and group work for adults with depression, stress and anxiety for people living in Brighton, Hove, Portslade, Southwick, Shoreham, Lancing and Worthing. Fees operate on a sliding scale from £8 to £35 per session. <http://asyouarecentre.co.uk/>



**Mind Brighton and Hove**

<https://www.mindcharity.co.uk/brighton-and-hove/advocacy>

**See Mind's services below :**

- 1) 1:1 Advice-** One of the Advice Team will contact you to initially discuss your concerns, and then, depending on your enquiry provide information or help identify options for you. This could include help researching information, making referrals or planning actions with you.
- 2) Employment Advice-** Our Employment Advice service provides a range of support, advice and information to help people manage their work and learning needs. The service supports people currently working or who are off sick from work who may want help to manage their health issues in the workplace. We also support people who are interested in starting work or who want to identify opportunities for volunteering, or undertaking taking up learning or skills based activities. The service can also link people to the most relevant and helpful organisations to help them resolve their difficulties and move forward with a work and learning plan of action.
- 3) Advocacy-** Free, independent, professional and confidential support.

What your advocate can do:

- Talk with you to find out what you think and what you want
- Help you to access services
- Provide relevant information to help you consider your options
- Help you to ask for changes to your care or treatment
- Support you to prepare for meetings or appointments
- Help you to tell people what you want or need



**Allsorts Youth Project-** Allsorts Youth Project listens to, connects & supports children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+) and their families.

<https://www.allsortsyouth.org.uk/>



**Mermaids UK-** Helping gender-diverse kids, young people and their families

<https://mermaidsuk.org.uk/>



**Anxiety UK-** Whether you have anxiety, stress, anxiety-based depression or a phobia that's affecting your daily life, we're here to help and are here for you. We offer an extensive range of support services designed to help you to control your anxiety rather than letting it control you.

Services available for **both members and non-members** include:

- Access to a community of other like-minded people
- Discounted one-to-one [therapy services](#) from our network of Anxiety UK Approved Therapists
- A wide range of [helpful resources](#) to help you understand and overcome your anxiety
- Access to [anxiety support groups](#)
- Discounted [anxiety management courses](#) and [Calm Club](#)

<https://www.anxietyuk.org.uk/>



**Calm Harm App-** Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, using principles from the evidence-based Dialectical Behaviour Therapy (DBT).

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help. The app is private, anonymous, and safe.



**The Depression Project-** Through our ground-breaking **Storm to Sun Framework**, you'll now finally be able to understand your depression; know exactly how to get better; and have an easy way to explain your depression to get the support you need <https://thedepressionproject.com/>



**Winston's Wish-** Support grieving children and young people after the death of someone important. <https://www.winstonswish.org/>



**Wellbeing Hub at Preston Park-** The Wellbeing Hub at Preston Park (formally known as Preston Park Recovery Centre) is provided by Southdown, a Sussex-based housing, care and support provider committed to supporting people's mental health and wellbeing.

The Wellbeing Hub is open seven days a week. The Hub provides a welcoming and supportive environment in which people with mental health support needs can learn new skills and get involved in a variety of groups and activities.

<https://www.uok.org.uk/services/wellbeing-hub-preston-park>



**MindOut Brighton & Hove LGBT Switchboard** works in partnership with MindOut. Our Helpline operators and our counsellors are trained to support LGBT people concerned about their mental health and wellbeing. For more specialist help, you can contact MindOut. MindOut is a mental health service run by and for lesbians, gay men, bisexual and transgender people. Based in Brighton and Hove, they provide local services as well as a number of national initiatives

<https://www.switchboard.org.uk/resources/mental-health/>

<https://mindout.org.uk/>



**Brighton Women's Centre-** We're Brighton Women's Centre and we've been supporting self-identifying women in Sussex for over 45 years. We help women from all backgrounds, facing all kinds of issues, to live happier lives.

Women dealing with bereavement or trauma, women who have been through homelessness or the criminal justice system, survivors of abuse or discrimination – we've welcomed them all.

#### **Brighton Women's Centre Services:**

- 1) Support Service-** Open three days a week to women in need of emotional support, advice and information.
- 2) Women's Counselling and Psychotherapy-** Things can get better – and it starts here. We offer short-term therapy to all self-identifying women.

<https://womenscentre.org.uk/services/well-being-activities/>



**Mentell-** provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.

<https://www.mentell.org.uk/>



**Papyrus-** charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in adults and young people

<https://www.papyrus-uk.org/>

## GRASSROOTS SUICIDE PREVENTION

**Grassroots Suicide Prevention-** We have lived experience of suicide. We know what it is like to be in crisis. We understand the pressure of trying to keep someone safe and the complex emotions including guilt, shock, and intense grief after a suicide.

We empower people to help save lives from suicide through connecting, educating, and campaigning nationally.