

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

thebereavementjourney.org

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

Search for Anna Wardley's report:

[Time to Count: Supporting Children After a Parent Dies by Suicide](#)

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 resources including:

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

thecalzone.net

0800 58 58 58 (5pm-midnight)

mantherapy.org

videos and other resources

@the_braveproject

Suicide prevention for BAME (Black,
Asian, 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 and prevents
suicides in the medical profession

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

ending the harm, abuse and exploitation
of older people in the UK - 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

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

Josie: 07398 135 283 / brighton@uksobs.org

Eastbourne: 1st Wed

Derek: 07376 303440 /

eastbourne@uksobs.org

Horsham: 1st Wed

Sarah: 07752 874 693 / 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 in Brighton, Hove &
Worthing, reimagining the traditional
approach to men's mental health provision

Wolfpack Community

(search wolfpack on Eventbrite)

facilitated men's space in Brighton & Hove

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

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 (24/7)

samaritans.org

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

Scan for online version:



starttheconversation.uk