

# Brighton & Hove Mental Health Services

This is a guide to counselling and mental health support services in Brighton & Hove and wider Sussex. The University of Sussex is unable to recommend any particular service and you are advised to confirm costs, services and waiting list times directly with the organisation concerned.

**Please note:** If you are on campus and become aware of an imminent and serious threat to someone's health or personal safety, please call the **Security Office** on ext. **3333** or **01273 873333**. You can also use the campus phones with flashing blue lights. The Security Team are First Aid trained and can assist you while coordinating any necessary intervention by emergency services.

For any non-academic concerns, please contact the Student Centre on 01273 075700 or fill out their [enquiry form](#). For welfare concerns in the residences, please email [residentiallife@sussex.ac.uk](mailto:residentiallife@sussex.ac.uk)

The information in this guide is categorised into four groups:

- **Crisis Services** – organisations that provide in-the-moment support for people who are experiencing a crisis with their mental health and may be at risk of harming themselves or others
- **General Services** - organisations that offer low cost, free or discounted counselling with flexibility to discuss any topic
- **Specialist Services** - organisations that offer low cost, free or discounted counselling or support for specific client groups e.g. services for young people, domestic abuse victims or people affected by drugs, alcohol or gambling
- **Directories** - online searchable directories of private mental health services, counsellors, and therapists in the UK.

This is a comprehensive list in alphabetical order. If you are looking for a specific type of service, you can use the Find pane (**CTRL+F**) to highlight any of the following keywords: alcohol, anxiety, autism, ADHD, bereavement, cancer, carers, CBT, children, counselling, crisis, DBT, Deaf, depression, domestic abuse, drugs, EMDR, family, financial, gambling, HIV, low-cost, LGBTQ, marriage, men, online, peri-natal, relationship, self-help, sexual assault, student, suicide, teacher, therapy, trans, violence, women, young adults

Crisis Services and Helplines	Information
<a href="#">Campaign Against Living Miserably</a> <b>Phone:</b> 0800 58 58 58 Webchat is available via the website.	CALM is an organisation dedicated to supporting men who feel suicidal. The helpline and webchat are available 5pm—midnight 365 days a year.
<a href="#">Employee Assistance Programme for Sussex Staff</a> <b>Helpline:</b> 0800 316 9337 24 hours, 365 days a year  Register with Health Assured using the access code: ' <b>worklife</b> ' and password ' <b>worklife</b> '	Our Employee Assistance Programme is a 24-hour support service for Sussex staff facilitated by Health Assured, a highly professional organisation that can provide a range of help at difficult times.  The service is confidential and staff can self-refer. Whether it is a family matter, a major life event, neighbourhood concerns, consumer rights, or even a brush with the law, they can provide advice and help - and signpost you to more specialist services if needed. If face-to-face counselling is appropriate, this will be arranged with a suitable counsellor that is convenient to you.
<a href="#">Head Space</a> <b>Phone:</b> 07890 257 614 <b>Email:</b> <a href="mailto:headspace@colebrooksw.org">headspace@colebrooksw.org</a>	Head Space offers an out-of-hours service for people who consider that they are approaching a mental health crisis. Open 7 days a week, 6pm—midnight.

<p><a href="#">National Suicide Prevention Helpline</a>  <b>Phone:</b> 0800 689 5652</p>	<p>The National Suicide Prevention Helpline offers a supportive listening service to anyone with thoughts of suicide.</p>
<p><a href="#">Mental Health Rapid Response Service (MHRRS)</a>  <b>Phone:</b> 0300 304 0078  MHRRS is available 24 hours a day, 7 days a week.</p>	<p>The MHRRS accepts referrals for adults aged 18+ in Brighton &amp; Hove with urgent mental health problems requiring assessment. Referrals can be made by the individual themselves, a carer, health professionals, the Police or by anyone concerned about someone experiencing a mental health crisis.</p>
<p><a href="#">Mindline Trans+</a>  <b>Phone:</b> 0300 330 5468  The helpline is open on Mondays and Fridays, 8pm—midnight</p>	<p>Mindline Trans+ is an emotional and mental health support helpline for anyone who identifies as LGBTQIA+, plus friends and family.</p>
<p><a href="#">PANDAS</a>  <b>Phone:</b> 0808 1961 776  Available daily 11am—10pm</p>	<p>PANDAS is a community offering peer-to-peer support for anyone affected by perinatal mental illness, as a mother, partner or friend/family of a mother/partner.</p>
<p><a href="#">Papyrus</a>  <b>Phone:</b> 0800 068 414  <b>Text:</b> 07786 209 697  <b>Email:</b> <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></p>	<p>Papyrus operates a support line for teenagers and young adults under 35 feeling suicidal.  Open weekdays 9am—10pm and 2pm—10pm on weekends/bank holidays.</p>
<p><a href="#">Shout</a>  <b>Text</b> the word <b>SUSSEX</b> to <b>85258</b>.</p>	<p>Shout is a free, confidential, 24/7 text messaging service for people experiencing a challenging time with their emotional wellbeing or mental health and in need of in-the-moment support. Conversations are overseen by trained supervisors who monitor conversations 24/7. Clinical supervisors can escalate texters to the emergency services via a direct line if someone is deemed at imminent risk. For more information about how the Shout text messaging service works, <a href="#">watch this short video</a>.</p>
<p><a href="#">Sussex Mental Health Helpline</a>  <b>Phone:</b> 0800 0309 500  Monday to Friday: 5pm-9am.  Weekends/bank holidays: 24 hours.  <b>Text Relay</b> and <b>NGT calls</b> for hearing and speech impaired callers:  0300 5000 101</p>	<p>A confidential assessment service for people living in or visiting Brighton &amp; Hove, East Sussex or West Sussex. The Sussex Mental Healthline is staffed by a team of experienced operators, and offers listening support, advice, information and signposting to anyone experiencing difficulties, or who may be in crisis and in urgent need of help, with their mental health. The service is free and is available to anyone concerned about their own mental health or that of a relative or friend. This includes carers and healthcare professionals.</p>
<p><a href="#">Samaritans</a>  <b>Phone :</b> 116 123  <b>NGT service:</b> 0330 094 5717  <b>Email:</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>  24 hours a day, seven days a week.</p>	<p>Samaritans is a charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. They offer a safe place for you to talk any time you like, in your own way – about whatever is getting to you.  Common reasons that people contact Samaritans are thoughts of suicide, relationship and family problems, loss and bereavement, financial worries, job-related stress, loneliness and isolation, and heavy use of or dependency on alcohol or drugs.</p>
<p><a href="#">Switchboard LGBT+ Helpline</a>  <b>Phone:</b> 0300 330 0630  The helpline is open daily 10am—10pm.  Webchat available via the website.</p>	<p>Switchboard offers support to the LGBTQIA+ community. Get help with whatever you want to talk about. All volunteers identify as LGBTQIA+.</p>

<a href="#">The Silver Line</a> <b>Phone:</b> 0800 4 70 80 90	The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.
<a href="#">Young Minds</a> <b>Text</b> 'YM' to 85258.	YoungMinds operates a 24/7 text messaging service providing support for young people experiencing a mental health crisis. Free from major networks.

General Services	Information
<a href="#">As You Are</a> 45 Southwick Street, Southwick, BN42 4TH <b>Phone:</b> 07392612771 <b>Email:</b> <a href="mailto:info@asyouarecentre.co.uk">info@asyouarecentre.co.uk</a>	A registered charity providing affordable counselling and group work for depression, stress and anxiety for people living in Brighton, Hove, Portslade, Southwick, Shoreham, Lancing and Worthing.  They offer group work, couple or individual sessions – up to 24 weekly 50-minute sessions. Fees for individual sessions operate on a sliding scale from £8 to £35 per session. Duo/couples counselling is £16 - £40 per session. Some group sessions are free but others have a small charge.
<a href="#">Brighton Therapy Centre</a> 23a New Road, Brighton, BN1 1UG <b>Phone:</b> 01273 626444 <b>Email:</b> <a href="mailto:info@brightontherapycentre.org.uk">info@brightontherapycentre.org.uk</a>	Brighton Therapy Centre is a not-for-profit organisation providing counselling, talking therapies and workshops for individuals, couples, families, young people and local businesses who are seeking mental health and well-being support. They have therapists who have vast experience in dealing with a whole range of psychological and emotional issues.  BTC also has LGBTQI and non-LGBTQI practitioners who are equipped to create a safe place for all diversities.  Individual sessions cost between £25 - £65. The lowest prices may be with a trainee counsellor. Group sessions are £12.50 - £35.
<a href="#">Brighton &amp; Hove Wellbeing Service</a> Access via GP referral or self-referral via the website. <b>Phone:</b> 0300 002 0060 <b>Email:</b> <a href="mailto:sptn.brightonwellbeing@nhs.net">sptn.brightonwellbeing@nhs.net</a>	The Brighton & Hove Wellbeing Service is a free NHS service for anyone aged 4 years old and upwards with a postcode beginning BN1, BN2, BN3 or BN41.  They offer a variety of support and psychological therapies for children, young people and adults including short-term therapeutic interventions and talking therapies. They also offer help with employment issues for those receiving therapy.  For children and young people, this service provides counselling, CBT, groupwork, canine-assisted therapy, dramatherapy, play therapy, community-based support and general emotional health support (based at the Youth Advice Centre).
<a href="#">Mind in Brighton &amp; Hove</a> 51 New England Street, Brighton, BN1 4GQ <b>Phone:</b> 01273 66 69 50 <b>Email:</b> <a href="mailto:info@mindcharity.co.uk">info@mindcharity.co.uk</a>	Mind in Brighton & Hove offer a wide range of mental health services operating across Brighton & Hove. Services include a variety of advice, support, training, peer support and advocacy services.  Mind in Brighton and Hove is not a crisis service and most of their services run on an appointment-only basis. If you want to know more about treatment and preventative services, please contact their advice team for an appointment.
<a href="#">Phoenix Therapy Practice</a>	A registered Community Interest Company, offering a variety of therapies including CBT, DBT and EMDR for adults, children,

<p>2 Osmond Road, Hove, BN31TE</p> <p><b>Phone:</b> 01273 256882 or 07388 469751</p> <p><b>Email:</b> <a href="mailto:info@phoenixtherapypractice.co.uk">info@phoenixtherapypractice.co.uk</a></p>	<p>couples and families with mild, moderate and severe mental health difficulties. Also currently offering free and low-cost counselling and therapy to people living with cancer in East and West Sussex.</p> <p>Free initial consultation with an experienced practitioner. Therapy sessions with experienced practitioners cost between £40 and £80. Newly qualified practitioners sessions between £25 and £40. Trainee counsellors and psychotherapists sessions between £15 and £25.</p> <p>Phone calls are answered between 9am and 12 am Mondays to Thursdays. If you leave a message, they aim to get back to you within 24 hours.</p>
<p><a href="#">Sussex Community Counselling</a></p> <p>Denton Island Community Centre, Denton Island, Newhaven, East Sussex, BN9 9BA</p> <p><b>Phone:</b> 01273 517250</p> <p><b>Email:</b> <a href="mailto:enquiries@sussexcommunity.org.uk">enquiries@sussexcommunity.org.uk</a></p>	<p>Part of the Sussex Community Development Association, SCA provides low-cost counselling to anyone (aged 16+) in the Newhaven, Lewes, Hailsham and Eastbourne area. Services include support for survivors of suicide. They offer up to twelve, 50-minute, weekly, counselling sessions delivered by phone, over zoom or in person.</p> <p>Contribution is between £25-£30 per session; minimum contribution is £12 per session. Initial assessment is free and over the phone. A self-referral form is on the website.</p>
<p><a href="#">Togetherall</a></p>	<p>A 24/7 online community where you can anonymously access free support, self-assessment, self-guided courses, and creative tools for expressing yourself. Togetherall is clinically managed, with mental health professionals available 24/7 to keep the community safe.</p>
<p><a href="#">The Rock Clinic</a></p> <p><b>Rock East:</b> 270 Eastern Road, Brighton, BN2 5TA</p> <p><b>Phone:</b> 01273 621 841</p> <p><b>Email:</b> <a href="mailto:east@rockclinic.org.uk">east@rockclinic.org.uk</a></p> <p><b>Rock West:</b> 8 Western Street, Brighton, BN1 2PG</p> <p><b>Phone:</b> 01273 326826</p> <p><b>Email:</b> <a href="mailto:west@rockclinic.org.uk">west@rockclinic.org.uk</a></p>	<p>The Rock Clinic Association (RCA) is a community of over 120 counsellors and psychotherapists offering a range of psychological therapies and body work. Both Clinics have facilities for individual psychological and physical therapy, with space for group work. There is full disabled access at Rock West and good disabled access at Rock East.</p> <p>RCA can offer support to those from BAME, LGBTQ, young people (13+) and Third Age groups, as well as working age adults, and can deliver therapy in a range of languages. Reduced cost options available with sliding scale depending on affordability.</p>
<p><a href="#">University of Sussex Counselling Service</a></p> <p>Health Centre Building, Falmer, Brighton, BN1 9RW</p> <p><b>Phone:</b> 01273 678156 (office hours) <b>Email:</b> <a href="mailto:counsellingreception@sussex.ac.uk">counsellingreception@sussex.ac.uk</a></p>	<p>The service provides free and confidential short-term counselling to current <b>students</b> at the University of Sussex. The UCS team includes 10 permanent therapists, 4 administrative staff and an additional 30 post-qualified and trainee counsellors. Each year more than 1,600 students are seen for counselling – either individually, in therapy groups or in workshops. Students can book an initial telephone appointment to discuss options. There is a high demand for this service.</p>

Specialist Services	Information
<p><a href="#">ADHD Aware</a></p> <p>ADHD Aware c/o Together Co, Brighthelm</p>	<p>ADHD Aware is a small charity based in Brighton which has been run by volunteers for about a decade, supporting adults impacted by attention deficit hyperactivity disorder (ADHD). They hold a</p>

<p>Centre, North Rd, Brighton, BN1 1YD</p> <p><b>Email:</b> <a href="mailto:support@adhdaware.org.uk">support@adhdaware.org.uk</a></p>	<p>programme of regular peer support sessions for adults with ADHD, as well as support for partners and parents of children and young people. The facilitated discussion groups are an opportunity for our members to come together and share information, advice and personal experiences around an agreed topic, with the potential to tackle some of the core issues of living with ADHD.</p>
<p><a href="#">Allsorts Youth Project</a> 69 Ship Street, Brighton, East Sussex, BN1 1AE</p> <p><b>Phone:</b> 01273 721 100</p>	<p>Allsorts Youth Project listens to, connects &amp; supports children &amp; young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+).</p>
<p><a href="#">Anxiety UK</a></p> <p><b>Phone:</b> 03444 775774 (Helpline)</p> <p><b>Text:</b> 07537 416905</p> <p><b>Email:</b> <a href="mailto:support@anxietyuk.org.uk">support@anxietyuk.org.uk</a></p>	<p>This national charity for people affected by anxiety, stress and anxiety-based depression can provide counselling either face-to-face or via telephone or webcam, with therapists based across the country.</p> <p>You can access reduced cost therapy on a sliding scale of £15-£50 dependant on household income if you become a member of Anxiety UK (£40 per year). A course of counselling will be around 6-15 sessions. Counselling is available through Anxiety UK face to face, via the telephone or via webcam.</p>
<p><a href="#">Aspens</a></p> <p><b>Phone:</b> 01892 822 168</p> <p><b>Email:</b> <a href="mailto:enquiries@aspens.org.uk">enquiries@aspens.org.uk</a></p>	<p>Aspens offer online support for parents, carers and professionals who are living or working with someone who is on the autism spectrum, has learning disabilities or complex needs.</p>
<p><a href="#">Assert</a></p> <p>Community Base, 113 Queens Road, Brighton BN1 3XG</p> <p><b>Phone:</b> 01273 234850 or 01273 234853</p> <p><b>Email:</b> <a href="mailto:assert.bh@assertbh.org.uk">assert.bh@assertbh.org.uk</a></p>	<p>Assert are a small local charity in Brighton and Hove that supports both people with autism and their parents, partners and carers. They provide advice, information, resources, education, social inclusion, volunteering opportunities and support to improve well-being and reduce isolation.</p>
<p><a href="#">Bipolar UK</a></p> <p><a href="#">Bipolar peer support group for Brighton &amp; Hove</a> - held on the first Wednesday of every month, 7-9pm (currently online)</p> <p>Other peer support group locations are available <a href="#">here</a>.</p>	<p>The only national charity dedicated to empowering individuals and families affected by bipolar. Peer support is at the core of their work, and they offer one-to-one peer support via telephone and email. Support groups are free and are open to anyone affected by bipolar, including family, friends and carers.</p> <p>Bipolar UK have more than 85 <a href="#">peer support groups</a> for people affected by bipolar, facilitated by trained and supported volunteers, a moderated <a href="#">eCommunity</a> with over 11,000 active users, and information and resources on their website.</p>
<p><a href="#">Breakeven</a></p> <p>Brighton Business Centre, 95 Ditchling Road, Brighton, BN1 4ST</p> <p><b>Phone:</b> 01273 833722</p> <p><b>Email:</b> <a href="mailto:info@breakeven.org.uk">info@breakeven.org.uk</a></p>	<p>Breakeven offers free counselling for people affected by gambling-related problems including affected partners, family members and friends. Counselling can be in-person, by phone or video call.</p>
<p><a href="#">Brighton and Sussex University Hospitals Macmillan Psychological Therapies Service</a></p> <p><b>Phone:</b> 01273 696955 ext. 67437</p> <p><b>Email:</b> <a href="mailto:karen.connolly@nhs.net">karen.connolly@nhs.net</a></p>	<p>Free counselling, psychotherapy and hypnotherapy service available for <b>cancer</b> patients and immediate family members or carers during and up to 6 months post-treatment. Referrals to this service can be made via the Sussex Cancer Centre specialist nurses or oncologists.</p>

<p><a href="#">Brighton Women's Centre</a> 22 Richmond Place, Brighton, BN2 9NA <b>Phone:</b> 07842 311406 Wednesdays 10am – 12pm Thursdays 10am – 12pm <b>Email:</b> <a href="mailto:therapy@womenscentre.org.uk">therapy@womenscentre.org.uk</a></p>	<p>Brighton Women's Centre offer short-term therapy to all self-identifying women dealing with bereavement or trauma, women who have been through homelessness or the criminal justice system, survivors of abuse or discrimination. BWC can offer a combination of talking therapy and movement psychotherapy. They offer 12 weeks of support, with fees operating on a sliding scale depending on your household income.</p>
<p><a href="#">CASS Counselling &amp; Autism Spectrum Support</a> First Floor, 36 Blatchington Road, Hove, BN3 3YN <b>Email:</b> <a href="mailto:info@casscounselling.co.uk">info@casscounselling.co.uk</a></p>	<p>CASS is a UK counselling and support service that supports neurodiverse people and their families, friends, teachers and other supporters. They offer 1-1 counselling and integrative family therapy. Sessions can be daily, weekly, fortnightly, monthly or ad-hoc.</p> <p>The standard rate for their services is £90 per 50-minute session. Some low-cost options are available for families on low incomes. They offer support nationwide and abroad via Skype, Zoom, WhatsApp, Signal, Email, Phone and Text.</p>
<p><a href="#">Change Grow Live</a> Richmond House, Richmond Road Brighton, BN2 3FT <b>Phone:</b> 01273 731 900 <b>Email:</b> <a href="mailto:brighton.info@cgl.org.uk">brighton.info@cgl.org.uk</a></p>	<p>Change Grow Live took over from Pavilions on 1st April 2020 as the main provider of drug and alcohol support services for adults in Brighton and Hove. They offer free recovery-focused support which includes emotional support and counselling.</p>
<p><a href="#">Childline</a> <b>Phone:</b> 0800 1111 Webchat available via the website.</p>	<p>Childline is open to children and young people up until their 19th birthday. Calls are free and won't show up on the phone bill. Open weekdays 7:30am—midnight and weekends 9am—midnight.</p>
<p><a href="#">Cruse Bereavement Care (East Sussex)</a> <b>Phone:</b> 01273 234 007 <b>Email:</b> <a href="mailto:brighton.info@cgl.org.uk">brighton.info@cgl.org.uk</a></p>	<p>Part of a national network, this local service offers free bereavement counselling and support to people who have been affected by a death, whenever it happened, and who are suffering from grief.</p>
<p><a href="#">Education Support Helpline</a> <b>Phone:</b> 08000 562 561 <b>Email:</b> <a href="mailto:support@edsupport.org.uk">support@edsupport.org.uk</a>  Online chat support is available 24/7.</p>	<p>Education Support Helpline support individuals and help schools, colleges and universities to improve the mental health and wellbeing of their staff. Teachers and education staff can call the helpline to talk through all kinds of concerns including managing difficult feelings or situations, planning for or processing difficult conversations, advice on boundary setting and self-care, and any challenging personal matter.</p>
<p><a href="#">E-motion</a> <b>Email:</b> <a href="mailto:frankie@e-motionbh.org.uk">frankie@e-motionbh.org.uk</a></p>	<p>A free confidential service offering counselling via email or live messaging for young people aged 12-18 years and live in East Sussex.</p>
<p><a href="#">Hope Again</a> <b>Phone:</b> 0808 808 1677 Monday-Friday, 9:30am - 5:00pm <b>Email:</b> <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a></p>	<p>Hope Again is Cruse Bereavement Care's website for young people. Cruse offers a safe, youth-friendly space where young people can work through their grief in their own time and own way. A trained volunteer will work individually with a young person over 6-8 weekly sessions.</p>
<p><a href="#">Into The Light</a> <b>Email:</b> <a href="mailto:info@intothelight.org.uk">info@intothelight.org.uk</a> <b>Head office:</b> Into the Light, PO Box 64427, London, W5 9HA</p>	<p>Into The Light is a London based not-for-profit agency that provides a one-to-one counselling service in Brighton. They provide counselling support, advice, information and resources to people of all genders who have been sexually abused. They also offer support and counselling and training to those who are</p>

	<p>involved with and support people who have experienced sexual abuse e.g. partners, counsellors, carers.</p> <p>Into The Light has its roots in Christianity but exists for everyone regardless of faith, sexuality, class, nationality and culture. They are inclusive of all genders but offer women only spaces.</p>
<p><a href="#">Mankind UK</a> 1 Brunswick Road, Hove BN3 1DG <b>Phone:</b> 01273 911680 (answerphone) <b>Email:</b> <a href="mailto:admin@mkcharity.org">admin@mkcharity.org</a></p>	<p>Mankind offers support for men aged 18+ in Sussex affected by unwanted sexual experiences at any time in their lives. They provide a staged support programme which starts with individual counselling and progresses to peer-support groups. Individual counselling is also available to partners, families and friends. There is a waiting list. Clients must self-refer and a form is available online.</p>
<p><a href="#">Marriage Care</a> Cassidy Centre, St Mary's Church, 5 Surrenden Road, Preston Park, Brighton BN1 6PA <b>Phone:</b> 0800 389 3801 <b>Email:</b> <a href="mailto:appointments@marriagecare.org.uk">appointments@marriagecare.org.uk</a></p>	<p>A Catholic organisation open to everyone from any religious or non-religious background and to all couples, whether married or not. Offers relationship counselling through one or more 50-minute sessions which can continue for as long as required. Charge £15 registration fee and then ask for a donation each appointment.</p> <p>Open 9am-6pm, Monday to Thursday.</p>
<p><a href="#">Mind Out</a> Community Base, 113 Queens Road, Brighton BN1 3XG <b>Phone:</b> 01273 234839 (main office) <b>Email:</b> <a href="mailto:info@mindout.org.uk">info@mindout.org.uk</a></p>	<p>Mind Out is an independent Brighton-based service run by and for people who identify as LGBTQ. Its counselling service offers support with a variety of issues including gender, sexuality, bereavement, depression, anxiety, hate crime, stress, work issues, parenting. They also provide relationship counselling. An application form is available online.</p> <p>Counselling fees are on a sliding scale to ensure affordability. Group sessions are free.</p>
<p><a href="#">Mind The Gap</a> <b>Phone:</b> 0300 002 0060 8am-6pm, Monday to Friday <b>Email:</b> <a href="mailto:spnt.brightonwellbeing@nhs.net">spnt.brightonwellbeing@nhs.net</a></p>	<p>Mind The Gap offers community wellbeing support to children and young people aged 11-25 years old with mental health needs and their families. The team works with children and young people who are struggling to find or engage with the right services to support them. The CYP (Children and Young People) part of the Wellbeing Service is delivered by <a href="#">YMCA DownsLink Group</a>.</p> <p>Mind the Gap workers can offer home visits and liaise with other services and school to ensure that the young person and families' needs are met. This service offers youth work-based, non-clinical support to children, young people and their families.</p>
<p><a href="#">No Panic</a> <b>24hr crisis helpline:</b> 01952 680835 <b>Phone:</b> 0300 772 9844 <b>Youth helpline:</b> 0330 606 1174</p>	<p>No Panic is a registered charity that helps and supports those living with panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders.</p>
<p><a href="#">Oasis Project</a> 11 Richmond Pl, Brighton BN2 9NA <b>Phone:</b> 01273 696970 Option 1 <b>Email:</b> <a href="mailto:referrals@oasisproject.org.uk">referrals@oasisproject.org.uk</a> <a href="mailto:info@oasisproject.org.uk">info@oasisproject.org.uk</a></p>	<p>This free service has more than 21 years' experience of providing support and arts-based therapy to women over the age of 18 in Brighton &amp; Hove with a drug or alcohol problem. They offer therapeutic support for children and young people aged 5 to 18 years old affected by substance misuse in the family. They have a creche facility for anyone who is in recovery and needs childcare provided while they access support.</p>
<p><a href="#">Relate</a></p>	<p>The largest provider of relationship support in England and Wales. Services include relationship counselling for individuals</p>

<p>58 Preston Road Brighton BN1 6GG</p> <p><b>Phone:</b> 01273 697997</p> <p><b>Email:</b> <a href="mailto:Reception.Brighton@relate.org.uk">Reception.Brighton@relate.org.uk</a></p>	<p>and couples, family counselling, counselling for children and young people and sex therapy.</p> <p>Relate have centres across England and Wales and a network of licensed local counsellors offering in counselling in person, over the phone and online.</p>
<p><a href="#">Release</a></p> <p><b>Phone:</b> 07954 216995</p> <p><b>Email:</b> <a href="mailto:ellen@releaseforwomen.org.uk">ellen@releaseforwomen.org.uk</a></p>	<p>Release offers one-to-one counselling and a range of therapeutic groups to women in Brighton and the surrounding areas, providing opportunity to change how they feel and to live better. Offers specialism in the areas of trauma &amp; sexual violation, couples therapy, maternal mental health, faith &amp; spirituality, addictions and bereavement &amp; loss.</p> <p>Release is open to all women regardless of age, gender, race, nationality, faith, sexual orientation or disability. Offers one-to-one counselling and a range of therapeutic groups.</p>
<p><a href="#">Rise</a></p> <p>3rd Floor Rear, Shaftesbury Court, 95 Ditchling Road, Brighton BN1 4ST</p> <p><b>Helpline:</b> 01273 622 822</p> <p><b>Email:</b> <a href="mailto:helpline@riseuk.org.uk">helpline@riseuk.org.uk</a> <a href="mailto:lgbt@riseuk.org.uk">lgbt@riseuk.org.uk</a></p>	<p>RISE is a feminist, women-led and centred domestic violence and abuse charity that has worked for 27 years to end all forms of violence and abuse against women, their families and those identifying as LGBT+.</p> <p>RISE offers strength-based, trauma-informed services and is committed to providing accessible, fair, and safe services to survivors of violence and abuse.</p>
<p><a href="#">Signhealth</a></p> <p><b>Text:</b> 07966 976749</p> <p><b>Phone:</b> 01494 687606</p> <p><b>Email:</b> <a href="mailto:info@signhealth.org.uk">info@signhealth.org.uk</a> <a href="mailto:therapy@signhealth.org.uk">therapy@signhealth.org.uk</a></p>	<p>Signhealth are a UK charity with more than 10 years of experience providing a therapy service for Deaf people. They offer services to Deaf people who may be experiencing one or more of the following conditions: depression, anxiety, OCD, PTSD, phobias, loss or bereavement, family or work-related stress, identity issues and abuse.</p> <p>There is no need for an interpreter as all their therapists are Deaf, or hearing and fluent in BSL, and understanding of Deaf culture. Flexible appointments. Self-referral via online form.</p>
<p><a href="#">Student Minds</a></p> <p><b>Email:</b> <a href="mailto:info@studentminds.org.uk">info@studentminds.org.uk</a></p> <p><b>Phone:</b> 0113 343 8440 (leave a voicemail with your name and contact number)</p> <p><b>Text:</b> SUSSEX to 85258</p>	<p>UK student mental health charity offering support for students and peer support groups across the country. Aims to empower students and members of the university community to look after their own mental health, support others and create change. Their service, Student Space, provides dedicated wellbeing support services by phone, text, email, and webchat.</p>
<p><a href="#">Sue Ryder Online Bereavement Counselling Service</a></p>	<p>Sue Ryder's free online bereavement counselling service provides short-term support for anyone grieving for a loved one. Sessions are with qualified counsellors and held online using video chat.</p>
<p><a href="#">Survivor's Network</a></p> <p>6A Pavilion Buildings, BN1 1EE</p> <p><b>Helpline:</b> 01273 720110</p> <p><b>Phone:</b> 01273 203380 (office)</p> <p><b>Email:</b> <a href="mailto:info@survivorsnetwork.org.uk">info@survivorsnetwork.org.uk</a></p>	<p>Survivors Network offers counselling services for young people, of any gender, aged 14-18 years who have experienced rape or sexual abuse at any period in their lives and to those who are supporting them. Counselling service is donation based but all other services are free. Contact by phone or email or online form. There is a waiting list.</p>
<p><a href="#">Terrence Higgins Trust</a></p> <p>437-439 Caledonian Road London N7 9BG</p> <p><b>Phone:</b> 0808 802 1221</p> <p><b>Email:</b> <a href="mailto:online.counselling@ttht.org.uk">online.counselling@ttht.org.uk</a></p>	<p>Free online counselling for people living with HIV. If you're living with HIV in the UK and aged 18 or over, you're eligible for their free online counselling and emotional support service. Register online.</p>



<p><a href="#">The Clare Project</a> Dorset Gardens Methodist Church, Brighton, BN2 1RL</p> <p><b>Phone/Text:</b> 07464 229 395</p> <p><b>Email:</b> <a href="mailto:info@clareproject.org.uk">info@clareproject.org.uk</a></p>	<p>A registered charity run by and for trans, non-binary, gender-variant and gender-questioning people in Brighton, Hove and East Sussex. They run psychosocial support groups, information sessions, workshops and excursions, as well as providing training for individuals and organisations on community needs and connecting people to affirmative peer support and healthcare. They also offer support and advocacy for people who are intersex or have variations in their biological sex characteristics.</p>
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Directories	Description
<p><a href="#">Brighton Therapy Hub</a></p>	<p>Brighton and Hove Therapy Hub is an online list of qualified and BACP registered therapists in the area. On their website it is possible to search their list by therapy type and by issue.</p>
<p><a href="#">Psychotherapy Sussex</a></p>	<p>An association of over 70 professionally qualified and registered psychotherapists practicing in Brighton and Hove and across Sussex. They provide services for a wide range of psychological and relationship difficulties.</p>
<p><a href="#">Sussex Counselling</a></p>	<p>Provides an online searchable directory and paper directory of local qualified private counsellors, using a variety of disciplines, called the Sussex Counselling Directory of Counsellors.</p>

Compiled by the Organisational Development department at University of Sussex. Please bear in mind that an organisation's details, service provision or fees may change over time.  
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