

Support List for Health, Advice and Wellbeing

Introduction

Need some help? We've put together a list of services to help you find support. It doesn't cover everything available but it is a good starting point.

We will review this info quarterly, but information can go out of date quickly. Please, let us know if any of the service information is wrong. Please also be aware that some of the services detailed will have waiting lists and a criteria for accessing the service.

Remember to talk! It may sound silly, but talking can help. Your **friends** or **family** may be able to make a difference. Or talk to someone at **school** or **college**. Schools will have pastoral and/or support staff who will be able to offer some guidance and possibly some 1-2-1 time. Or visit your GP and explain how you're feeling. They can also help you find support.

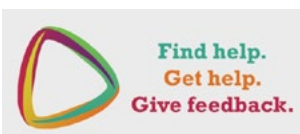
It's worth talking things through with someone you trust. They might be able to help.

Please contact the Healthwatch Helpdesk for information and guidance if you can't find it here. 0300 012 0122 or helpdesk@healthwatchwestsussex.co.uk

Self Help

West Sussex Your Space (<https://www.westsussex.gov.uk/education-children-and-families/your-space/>) have a list of phone and tablet apps to try that you may find useful. Search for them on your app store by name:

- **Bellybio** - Breathing techniques to help calm you down (available on Apple)
- **Headspace** - Guided meditations (this app has some free meditations, but also offers a subscription)
- **Mindshift** - Anxiety coping tools
- **MoodSpace** - Short, daily workouts to put your mood in a better space
- **Rise Up: Eating Disorder Help** - If you are struggling with food, dieting, exercise and body image
- **SAM Anxiety Management** - Tracker to see how your anxiety changes
- **Sleepio** - Support for those with sleeping difficulties. Found on iPhone. Try Sleepio, baby sleep sounds, in the Play store.
- **Smiling Mind** - Designed to assist people in dealing with the pressure, stress and challenges of daily life
- **Stay Alive** - Information for those who feel suicidal
- **stem4** - Provides mental health support for anxiety, depression, self-harm, eating disorders and addiction.
- **Virtual Hope Box** - Distraction, inspiration, relaxation and coping tools.



[Find, Get, Give](#) - A national website that supports young people, parents and carers and professionals. Access to self-help tools, resources, guides, blogs and a service directory of national mental health services.

Many of the young people we have met over the last 12 months have spoken about the benefits of physical exercise, music and other things you can do to improve mental wellbeing.



[Park Run](#) organise weekly 5km timed runs (Saturday), or 2km junior runs (Sunday, 4-14 years) which are free, open to everyone, safe and easy to take part in. At the Saturday 5km runs, under 11s can run with a parent/guardian and over 11s can run independently. Use the [events page](#) to find a run near you.

Many local parks have free green gyms and simply taking a walk through a park or natural space can help support your emotional wellbeing.

Support for Children and Young People



[Pathfinder](#) - Services for under 18s - There is a page on the Pathfinder website that lists some of the support available locally for young people. Some of the services available start at 11.

www.pathfinderwestsussex.org.uk/im-under-18



[RELATE](#) - RELATE have a young people's service that helps children aged 10-19. Cost depends on ability to pay. They also offer Family Counselling and Children's Counselling for 5+.

For general enquiries call **01293 657 055** or email reception.crawley@relatesussex.org
www.relate.org.uk/sussex



[Be OK](#) - Flexible mental health support for young people aged 16 to 25 who are worried about their mental health, have a mental health diagnosis and need support, or are at college struggling with their mental health. Support includes: one to one recovery and wellbeing goal setting, peer support, signposting, advice and information and social and psycho-educational groups.

07850 642968
www.sussexoakleaf.org.uk/be-ok-youth-mental-health

Crawley / Horsham: **01293 534782**
pathfinder.Crawley@sussexoakleaf.org.uk

Mid Sussex: **01444 416391**
pathfinder.Mid-sussex@sussexoakleaf.org.uk



[ChatHealth](#) Confidential text messaging service available for children and young people, aged 11 - 19. Messages are secure and responded to by a West Sussex school nurse.

Monday to Friday, 9.00am-4.30pm, including school holidays, but excluding bank holidays.
Tel: **07480 635424**



[Youth Emotional Support \(YES\)](#) is a free service for young people aged 11-18 looking for support with their well-being. Info how to access is available on the West Sussex website.

www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service



e-wellbeing (YMCA Dialogue) - A free and confidential counselling service for young people aged 11-18 in West Sussex, who are experiencing mild to moderate mental health difficulties such as anxiety and depression. E-wellbeing allows young people to connect with an experienced and qualified counsellor online for weekly sessions in a secure and confidential platform.

<https://www.ymcadlg.org/>



Find It Out centres are drop in-centres offering information, advice and guidance to young people aged 13-25.

<https://www.westsussex.gov.uk/education-children-and-families/your-space/places-to-go/>



Coastal West Sussex Mind - Support for Younger People ages 16-25. An independent local mental health charity working in West Sussex. One-to-one support with youth workers and in other places including local colleges. They also run regular group activities, including groups for dog walking and volunteering at animal hospitals.

Worthing, Adur and Chanctonbury: 01903 268107
worthinghub@coastalwestsussexmind.org

Littlehampton and Bognor Regis: 01903 721893
littlehamptonhub@coastalwestsussexmind.org

Chichester and Midhurst: 07946 988212 07496 988212
midhursthub@coastalwestsussexmind.org

<https://www.coastalwestsussexmind.org/mental-health-support/support-for-younger-people>

More specific support for Children and Young People



Allsorts Youth Project Allsorts Youth Project listens to, supports & connects children & Young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity. The advocate can work with Young people between 11-19 in West Sussex or 16-25 in Brighton and Hove. Allsorts can help the Young Person to have a voice, look at all the possible routes to a goal, and act on the Young Person's instructions. Allsorts can help support with complaints, attend important appointments and make sure the Young Person's rights are being upheld.

Referrals can be made by anyone as long as the Young Person has requested this. Referrals can be sent to advocacy@allsortsyouth.org.uk or by calling 01273 721211.

Young People's Centre, 69 Ship Street, Brighton, BN1 1AE
01273 721211 youth@allsortswest.org.uk



Aspens (Autism Sussex) A charity enabling people with an autistic spectrum condition to receive help and specialist support.

Please note: if you are concerned about the mental health of a child in your family or have a child with autism or ADHD (Attention Deficit Hyperactivity Disorder) then practical and coping strategies are now available at workshops held across West Sussex. For more information: www.coastalwestsussexmind.org - 01903 277 010.

There are also a number of support groups for children and adults, and their families living with autism and these can be found on the Local Offer website.
<https://westsussex.local-offer.org/>



B-eat - The UK's leading eating disorder charity with online support groups and a helpline for anyone under 18.

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



CGL (Change, Grow, Live) - Offers a free and confidential drug and alcohol service for young people aged up to 25. Their service includes housing, education, training and employment as well as psycho-social and clinical substance misuse treatment.

<https://www.changegrowlive.org/>



LifeCentre - A charity supporting survivors of rape and sexual abuse of all ages.

<https://lifecentre.uk.com/>



The Saturn Centre (SARC) A sexual assault referral centre providing a range of services to people of all genders who have been raped or sexually assaulted.

<https://www.saturncentre.org/>

01293 600469

Out of Hours Help Line: 0800 033 7797



Hope Again is the youth website of Cruse Bereavement Care. Cruse offer support, advice and information to children, young people and adults when someone dies and to enhance society's care of bereaved people.

Cruse offers face-to-face, telephone, email and website support. There is a freephone national helpline and local services, and a website www.hopeagain.org.uk specifically for children and young people.



CAMHS (Children and Adolescents Mental Health Service) provides specialist services for children and young people across Sussex in locations such as GP surgeries, clinics, hospitals and schools. They support young people who are experiencing a mental health condition or difficulties with their emotional wellbeing.

Referral to CAMHS is normally through your GP. or another professional. Lots of people have heard of CAMHS, but it's not the only place where you can get support.

National Support for Children and Young People



Childline - Comforts, advises and protects children 24 hours a day and offers free confidential counselling. 0800 1111 (Free).

SAMARITANS

Samaritans - A 24-hour confidential listening and support service.

116 123 (free)
Text : 07725 90 90 90

YOUNGMINDS

Young Minds - Provides resource booklets, self-help guides, service directory and a parent and carers helpline.

0808 802 5544 (free) - open from 9.30am to 4.00pm, Monday to Friday for confidential online and telephone support, information and advice to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 26.



Shout is a free, nationwide, text-based, 24/7 service for people experiencing crisis. It's a place to go if you're anxious, worried, stressed, or struggling to cope and need help.

Text 85258

THE MIX

The Mix (formerly Get Connected). Essential support for under 25s.

0808 808 4994 (free)



Papyrus - For help and advice around suicide prevention for young people (children, teenagers and young people up to the age of 35), and anyone worried about a young person.

0800 068 4141



Kooth - XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Support for Family, Friends and Carers



West Sussex Parent Carers Forum - A membership organisation for parents and carers in West Sussex. Their mission is to bring about positive change for families and young people with any additional needs or disability. We achieve this by empowering parent carers in effective participation to shape services, provide information and support.

Tel: 01903 726188

<https://www.facebook.com/West-Sussex-Parent-Carer-Forum-357548895577/>



Super Siblings - A support group based in Crawley for children 6+ who have siblings with additional needs.

info@supersiblings.co.uk

<https://www.facebook.com/supersiblingsuk>



Kangaroos is a registered charity based in Haywards Heath which provides a range of fun, inclusive year-round clubs and trips out, in and around Mid Sussex.

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



Reaching Families - Established by parent-carers to empower families of young children with special educational needs and disabilities across West Sussex. Offer training, fact sheets and support groups.

01903 366360

<http://www.reachingfamilies.org.uk> admin@reachingfamilies.org.uk

Reaching Families and AMAZE fact sheet - info and useful links.

https://westsussex.local-offer.org/information_pages/122-autism



SENDIAS - The West Sussex SEND Information, Advice and Support Service provides impartial information, advice and support to parents and carers of children who have special educational needs and/or disabilities.

03302 228 555 A confidential helpline during the hours of 9am-4pm

The service aims to encourage partnership between parents, their child's school, the Local Authority and other agencies.



Carers Support - "At Carers Support, we recognise that being a carer comes with many different challenges. We have a range of services that can help support you, from counselling and access to relaxation therapies to a Carer Wellbeing fund, Support Groups and Carer Response Line."

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

0300 028 8888



The **West Sussex Local Offer** helps you find information about local services, support and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND). There is also information about knowing your rights, which may be helpful.

<https://westsussex.local-offer.org/>

Healthwatch is here to make care better



We are the independent champion for people who use health and social care services. We're here to find out what matters to people and help make sure their views shape the support they need. We also help people find the information they need about services in West Sussex.

You can review how we performed and how we report on what we have done by visiting our website www.healthwatchwestsussex.co.uk

0300 012 0122



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