

Welcome to i-Rock

Are you aged 14 - 25? Need to talk?

i-Rock Horsham District is a support and advice hub for young people aged 14 to 25 and living in West Sussex.

We offer a range of support services to help with issues such as mental and emotional health, relationships, money and benefits, family problems, bullying, housing, education and employment. We can also assist you in accessing specialist support from services if needed.

You can get support and advice from i-Rock Horsham District by dropping in or booking an appointment, either face to face at our centre in Hurst Café (formerly Horsham Youth Centre) or by using our virtual platform, which means you can choose to access the service in the way that works best for you.



FOR CONTACT INFORMATION PLEASE FOLLOW THIS LINK:

[i-Rock \(Horsham District\) :: Sussex Partnership NHS Foundation Trust \(sussexcamhs.nhs.uk\)](https://www.sussexcamhs.nhs.uk)