

BRIGHTON AND HOVE SUPPORT

WHERE TO FIND SUPPORT
WHEN COLLEGE IS
CLOSED.



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Varndean
College Brighton & Hove

EMOTIONAL HEALTH AND WELLBEING

YMCA Right Here (ymcarighthere.com/) T: 01273 222584

This is a health and wellbeing project for 11—25 years old. Elena Gelibter is a project manager there and can be contacted

onT: 07738040451 E: elena.gelibter@ymcadlg.org

Mind (mind.org.uk/) T: 01273 666 950

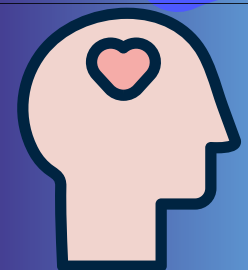
Advice and support to empower people experiencing a mental health problem

E-wellbeing (e-wellbeing.co.uk/)

Online directory of mental health support services that work with 13—25 year olds

Give us a shout giveusashout.org

Free 24/7 Text service supporting young people, text shout to 85258



Further (Non-emergency) Support

Local Doctors Surgery

A GP would always be an excellent first point of call for support with any mental health enquiries.

Drop in Centre. T: 01273 624 432

A mental health drop in is available at the **YMCA's Youth Advice Centre (YAC)**, every Monday at 4—8pm for 11–15 year olds in need of support, information and advice around mental health. The drop-ins will take place at **YAC, 11 St George's Place, Brighton, BN1 4GB**

Online Chat Support

Online chat support and counselling can be accessed via **e-motionbh.org.uk** for Brighton and Hove residents and via **kooth.com** for students living in West Sussex.

Advice Centre (ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac/) T: 01273 624 432

The **Youth Advice Centre** in Brighton offers a range of services including emotional and wellbeing support.

Counselling (youngpeoplecentre.org.uk/counselling/) T: 01273 711 633

Emergency/Immediate Crisis Support

National Helpline

Samaritans for 24/7 support and someone to talk to. This service is free and confidential. Phone: **116 123**

Local Helpline

Sussex Mental Helpline for support and information if you are worried about your mental health. Mon—Fri 5pm to 9pm, 24 hours at weekends and Bank Holidays—Phone 0300 50000 101

Suicide Prevention

Papyrus (papyrus-uk.org/) T: 08000684141 (Mon–Fri 9am—10pm) Text: 07860039967

Papyrus offers advice and support to people who are worried about someone they know feeling suicidal

Grass Roots Suicide Prevention (prevent-suicide.org.uk/)

Brighton based charity who work locally and nationally with individuals, organisations and communities to support people at risk of suicide

Samaritans (samaritans.org/) T: 116 123

Support service available 24/7, every day of the year



Self Harm

Right Here (ymcarighthere.com/)

A resource with information about self harm

National Self Harm Network (nshn.co.uk/)

24/7, closely monitored online forum which aims to reduce the emotional stress and improve the quality of life for people who self harm

Self Harm (selfharm.co.uk/)

Project dedicated to support young people who self harm, including a free 6 week online programme for anyone aged 14—18 to help think differently about self harm.

LifeSIGNS (lifesigns.org.uk/)

Online, user-led organisations providing information and support to people of all ages who are affected by self harm

Anxiety and Panic Attacks

NHS Health A to Z ([nhs.uk/](https://www.nhs.uk/)) T: 111

Reliable source of information about anxiety disorders in children and teenagers

AnxietyUK ([anxietyuk.org.uk](https://www.anxietyuk.org.uk)) T: 03444 775 774 . Text: 07537416905. E: support@anxiety.org.uk

Website with resources specifically for Family, Friends and Carers.



Bereavement

Hope Again ([hopeagain.org.uk/](https://www.hopeagain.org.uk/)) T: 0808 8081677

Help and support for young people who have recently lost a loved one. Offering phone and email support plus online counselling.

T: 01273 234007 (local number)

E: helpline@cruse.org.uk (email support)

Depression

Students Against Depression
([studentsagainstdenpression.org/](https://www.studentsagainstdenpression.org/))

Website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.



Family Relationships

YAC ([ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac/](https://www.ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac/)) T: 01273 624 432

Provides support services for young people having family difficulties and also support and advice regarding housing and tenancy support.

Carers Centre ([thecarerscentre.org/](https://www.thecarerscentre.org/)) T: 0127 746 222

Online support resource for carers, including help for young carers

Internet Safety

ThinkUKnow ([thinkuknow.co.uk/](https://www.thinkuknow.co.uk/))

Online guide offering support to help young people engage with the internet in a safe way and assistance if you ever feel unsafe online.



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Exam Stress

Student Minds ([studentminds.org.uk/](https://www.studentminds.org.uk/)) T: 0113 343 8440

Exam stress advice targeted towards university students but still relevant to 16-18 year olds.



LGBTQIA+

All Sort Youth Project (allsortsyouth.org.uk/) T: 01273 721211

Local youth project aimed at supporting young people in the LGBT+ community including youth groups and 1-1 support.

Switchboard switchboard.lgbt T:0300 330 0630
Switchboard is a confidential helpline for people in the LGBT+ community who may be struggling in any way.

Loneliness/ Isolation

Mind (mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/)

Resource from Mind with tips for living with loneliness.

You Matter

Radicalisation

Support links and social media around the risks of radicalisation for young people:

Brighton and Hove— LCSB
(brightonandhovelscb.org.uk/working-together-to-prevent-extremism-and-terrorism)

Safe in the City (safeinthecity.info/getting-help/preventing-terrorism-and-extremism)

Educate Against Hate (educateagainsthate.com)

Don't rely on others.
If you suspect it,
report it.
Confidential
Anti-Terrorist Hotline
Call 0800 789 321

Sexual Health and Relationships

Brighton Sexual Health (brightonsexualhealth.com/advice/youngpeople/) T:01273 067070

Local NHS service providing screenings, contraception and information about sexual health

Substance Use

RU-OK? - <https://www.brighton-hove.gov.uk/ru-ok>

Change Grow Live change-growlive.org



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Pornography

Your Brain on Porn (yourbrainonporn.com)

Online information source documenting the negative effects porn has on the brain and provides inspirational stories from people who no longer use porn and are living happier.

Report a Crime Online -
www.sussex.police.uk/ro/report



Sussex Police

Covid-19

Student (studenspace.org.uk) T: 08081895260 (4pm - 11pm) Text: 85258

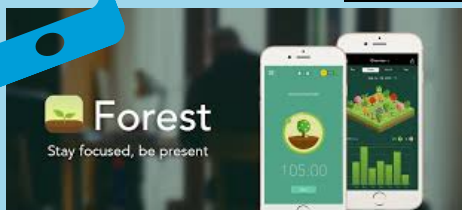
Help and information for students struggling with the impact of coronavirus.

Insomnia

Sleep Council (sleepcouncil.org.uk) Email: info@sleepcouncil.org.uk

Online information and support for those suffering with insomnia, they also provide free 30 day sleep place to help people struggling with their sleep.

Useful Apps



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