

WJCS  
Wellbeing Support

# Contents

This resource signposts to internal and external support pathways, helping you to find relevant, accessible support when you need it most. You are advised to confirm opening hours, service provision, fees and waiting list times directly with the organisation or service concerned.

We'll endeavour to keep the information in this resource up to date, but if you notice a mistake or inaccurate information - or if you'd like us to include details of an organisation that has helped you in the past - please email [od@sussex.ac.uk](mailto:od@sussex.ac.uk) to let us know.

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If you are on campus and become aware of an imminent and serious threat to someone's health or personal safety, it is important that you call the 24-hour Security Office based in York House on ext. 3333 or 01273 873333. You can also use the campus phones with flashing blue lights.

## Why shouldn't I call 999 for an emergency on campus?

If an ambulance is required, the attending first aider should call 999 to request one. This is because the operator will ask questions about the injured person that only the attending first aider will be able to answer as they will be with the person at the time.

## If a first aider isn't present, others supporting the injured person may also call 999 to request an ambulance.

Once an ambulance has been requested, the Security Team must be informed immediately by calling them on 01273 873333, or ext 3333 from an internal phone, to let them know:

That an ambulance has been requested and your location on the campus.

What has happened/suspected to have happened to the injured person.

This will allow the Security Team time to meet the ambulance crew at the Knights Gate Road campus entrance and to direct them to the correct location on campus. If the Security Team are not informed, the ambulance crew may get lost on campus which will slow down their response time.

# Crisis and Out-of-Hours Services



## Campaign Against Living Miserably

An organisation dedicated to supporting men who feel suicidal. Helpline and webchat are available from 5pm until midnight 365 days a year.  
0800 585858



## Head Space

Service for people who consider that they are approaching a mental health crisis. Open every day, 6pm - midnight.  
07890 257614  
headspace@colebrooksw.org



## Mental Health Rapid Response Service

Supports adults in Brighton & Hove experiencing a crisis with their mental health, at risk of harming themselves or others.  
Open 24-hours, 7 days a week.  
0300 3040078



## HOPELINE247

Offers support for anyone up to the age of 35 who is experiencing thoughts of suicide.  
0800 0684141  
07860 039 967  
pat@papyrus-uk.org



## National Suicide Prevention Helpline

Offers a supportive listening service to anyone with thoughts of suicide.  
0800 689 5652



## No Panic

24-hour helpline to support those living with panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.  
01952 680835



## Samaritans

24-hour helpline offering a safe place for you to talk, any time you like, in your own way, about whatever is getting to you.  
116 123



## Shout

Free, confidential text messaging service for people experiencing a challenging time with their emotional wellbeing or mental health and in need of in-the-moment support.  
Text SHOUT to 85258.



## The Silver Line

Operates the only confidential, free helpline for older people across the UK that's open 24-hours, 7 days a week, 365 days of the year.  
0800 4708090



## YoungMinds

Operates a 24/7 text messaging service providing support for young people experiencing a mental health crisis.  
Text 'YM' to 85258.

# Addiction



## Alcoholics Anonymous

Help and support for anyone with alcohol problems.  
0800 9177 650  
help@aamail.org



## Alcohol Change UK

Information and support options for people worried about how much alcohol they are drinking, in both English and Welsh.



## Breakeven

Free counselling for people affected by gambling-related problems including affected partners, family members and friends.  
01273 833722  
info@breakeven.org



## Change Grow Live

The main provider of drug and alcohol support services for adults in Brighton & Hove. They offer free recovery-focused support which includes emotional support and counselling.  
01273 731 900  
brighton.info@cgl.org.uk



## FRANK

Confidential advice and information about drugs, their effects and the law.  
0300 123 6600



## DrugFAM

Safe and caring support and information for families, friends and partners affected or bereaved by a loved one's harmful use of drugs, alcohol or gambling.  
Access via their online form.



## GamCare

Free support for anyone affected by gambling.  
0808 8020 133



## Mind

Mind's online directory lists organisations offering support options for drug and alcohol addiction, as well as links to addiction support for gambling and sex.



## Narcotics Anonymous

Support for anyone who wants to stop using drugs.  
ukna.org



## Oasis Project

Support and arts-based therapy for women aged 18+ with a drug or alcohol problem. Offers a creche facility for anyone who needs childcare while they access support.  
01273 696970 (Option 1)  
info@oasisproject.org.uk



## Samaritans

Free 24-hour helpline. Common reasons that people contact Samaritans include heavy use of or dependency on alcohol or drugs.  
116 123  
jo@samaritans.org



## With You

Online help and advice for anyone who wants to change their drug and alcohol use. Also lists free and confidential addiction services for adults and young people

# Bereavement and Grief



## Brighton Women's Centre

Offers short-term therapy to all self-identifying women dealing with bereavement or trauma.  
07842 311406  
therapy@womenscentre.org.uk



## Child Bereavement UK

Supports families and provides training to professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.  
0800 028 8840



## Child Death Helpline

Run by trained volunteers who have also lost a child.  
0800 282 986  
0808 800 6019



## Cruse Bereavement Care (East Sussex)

Offers free bereavement counselling and support to people who have been affected by a death.  
01273 234 007  
brighton@cruse.org.uk



## Employee Assistance Programme

Wellbeing support from highly qualified counsellors whenever you need it most, by phone, text, WhatsApp, or live chat, 24 hours a day, 365 days a year. Their confidential counselling helpline offering up to eight structured counselling sessions.  
0800 316 9337

WhatsApp or Text 'Hi' to 07418 360 046  
Use access code: BeWell



## Marie Curie Bereavement Support

Offers a safe, confidential space to discuss your feelings and emotions around bereavement. You can access up to six telephone sessions of 45 minutes.  
0800 090 2309



## Release

Offers one-to-one counselling and a range of therapeutic groups to women in Brighton and surrounding areas. Offers specialism in the areas of bereavement & loss.  
07954 216995  
ellen@releaseforwomen.org.uk



## Sands

Exists to reduce the number of babies dying and to support anyone affected by the death of a baby, before, during or shortly after birth, whenever this happened and for as long as they need support.  
0808 164 3332  
helpline@sands.org.uk



## Sue Ryder Online Bereavement Counselling

Free online bereavement counselling service that provides short-term support for anyone grieving for a loved one.



## Support for Survivors of Suicide

Community partnership offering free counselling for people living in East Sussex who are struggling with suicidal thoughts or who have recently attempted suicide.  
01273 519108  
counselling@sussexcommunity.org.uk



### **Survivors of Bereavement by Suicide (SOBS)**

A self-help, voluntary organisation which aims to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

0300 111 5065

email.support@uksobs.org



### **The Compassionate Friends (TCF)**

Charitable organisation of bereaved parents and families dedicated to the support and care of other similarly bereaved people who have suffered the death of a child from any cause. TCF has a dedicated and private Facebook group and an annual retreat weekend for parents bereaved in this way.

info@tcf.org.uk



### **The Lullaby Trust**

Provides support for bereaved families and anyone affected by a sudden infant death. Offers a befriender service for those affected by infant deaths.

0808 802 6868



### **Widowed and Young**

Offers an extensive range of support services designed to help you navigate your grief and talk to others who understand your pain. Annual membership costs £25 and helps them to maintain the peer-to-peer service and website.

0300 201 0051



### **Winston's Wish**

A charity supporting young people after the death of someone close. Advice and resources for coping with grief, plus an email helpline and webchat.

0808 802 0021

ask@winstonswish.org

# Disability



## Ability Net

National charity helping disabled people use computers and the internet by adapting and adjusting their technology.  
0800 048 7642



## Access to Work

Government programme aimed at supporting disabled people to take up or remain in work. The support you get will depend on your needs. [Check if you are eligible](#) and then apply directly to either [Able Futures](#) or [Maximus](#).



## Action for ME

National organisation that aims to empower people with Myalgic encephalomyelitis to fulfil their potential and secure the care and support they need.  
0117 927 9551



## Disability Rights UK

Information and support for people living with a disability. Led by, run by, and working for disabled people.  
0330 995 0400



## Equality Advisory & Support Service (EASS)

Advice on issues relating to equality and human rights, including guidance for disabled people.  
0808 800 0082 (helpline)



## Fit for Work

Information on work-related health issues and returning to work after sickness absence.  
0800 032 6235



## Grace Eyre

Registered charity committed to helping people with learning disabilities and autism live the lives they want to.  
enquiries@grace-eyre.org  
01273 201900



## SCOPE

Disability equality charity in England and Wales. They provide practical information and emotional support when it's most needed.  
0808 800 3333



## Shaw Trust

Supports disabled people to find and stay in work.  
0800 389 0082



## SignHealth

Therapy service for Deaf people. All of the SignHealth team are Deaf, or hearing and fluent in BSL.  
info@signhealth.org.uk



## Social care and support guide

If you or someone you know needs help with day-to-day living because of illness or disability, this website explains your options and where you can get support.



## Supportline

Offers confidential emotional support to children, young adults and adults by telephone, email and post.  
01708 765200  
info@supportline.org.uk



## VoiceAbility

One of the UK's largest providers of advocacy services.  
0300 303 1660  
helpline@voiceability.org

# Financial Wellbeing



## Citizens Advice: Debt and money

The information you need to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.



## Help for Households

Find out what support is available to help with the cost of living: support with your bills, childcare, travel and how to save energy.



## MaPS' MoneyHelper Service

Provides free money guidance from an expert in a range of different formats, such as online, webchat, WhatsApp and telephone.



## Mental Health & Money Advice

Offers information and advice for anyone struggling with money because of mental illness, or whose financial situation is affecting their mental health.



## Mind: Money and mental health

Offers advice on how to manage debt and signposts organisations that could offer support.



## Money Advisor Network (MAN)

Brings together some of the country's best known debt advice providers so you can access free, confidential and independent debt advice straight away. Customers are referred through a virtual/online contact centre. Individuals can self-refer into the money adviser network using the above link.



## Money and Pensions Service (MaPS) financial wellbeing guide

Information about how we define financial wellbeing, how to improve yours, and why it is important.



## MoneyHelper's Midlife MOT Tool

Launched to help people assess their current financial situation and plan for the future. Asks a series of questions about their finances, covering debt; budgeting; emergency and non-emergency savings; insurance, and pensions.



## MoneyHelper's Online Budget Planner

Will give you a breakdown of your finances and personalised tips to help you make the most of your money.



## NHS Guide: Coping with financial worries

Offers information and advice on surviving financial stress, coping with debt and bankruptcy, and when you should seek medical help.

# LGBTQ+



## Being Gay is Ok

Provides advice and information for LGBTQ+ people under 25.



## Consortium

Directory of services and groups for people who are lesbian, gay, bisexual and transgender.



## Families and Friends of Lesbians and Gays (FFLAG)

A national voluntary organisation and registered charity. Lists organisations supporting LGBTQIA+ people from different religious and faith groups.



## GALOP

Helplines and other support for LGBT+ adults and young people who have experienced hate crime, sexual violence or domestic abuse.  
0800 999 5428  
help@galop.org.uk



## Gender Identity Research & Education Society (GIRES)

Works to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and gender-diverse.



## Mermaids UK

Support for transgender, non-binary and gender-diverse people up to 18 years old. Runs events, local groups, online courses and a webchat.  
0808 801 0400



## Mind

Information about mental health support for people who are lesbian, gay, bisexual, transgender, queer, intersex, asexual or questioning (LGBTQIA+).



## Mindline Trans+

An emotional and mental health support helpline for anyone who identifies as LGBTQIA+, plus friends and family.  
0300 330 5468



## Mind Out

Brighton-based service run by and for people who identify as LGBTQ+. Offers support with a variety of issues including gender, sexuality, depression, anxiety, hate crime, work issues, and parenting.  
01273 234839  
info@mindout.org.uk



## Pink Therapy

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities.



## Rise

Feminist, women-led domestic violence and abuse charity working to end all forms of violence and abuse against women, their families and those identifying as LGBTQ+.  
01273 622 822  
lgbt@riseuk.org.uk



### **Stonewall**

Information and advice for LGBTQIA+ people on a range of issues, like coming out and hate crimes. Provides an information phoneline for people and their families.  
0800 050 2020



### **Stonewall Housing**

Specialist housing advice for anyone identifying as LGBT+ in England.  
020 7359 5767



### **Switchboard LGBT+ Helpline**

Provides a helpline, webchat and nationwide database of LGBTQIA+ services. A safe space to discuss topics like sexuality, gender identity and wellbeing.  
0300 330 0630



### **The Clare Project**

Registered charity run by and for trans, non-binary, gender-variant and gender-questioning people. Offers psychosocial support groups, information sessions, workshops and excursions, and signposting to affirmative peer support, psychotherapy and healthcare.  
07464 229 395  
info@clareproject.org.uk



### **Zoteria App**

Enables anyone to report hate incidents directly to LGBTQ+ support charities in a confidential way, either for themselves or on behalf of someone else.

# Mental Health

**\_able  
futures**



## Able Futures

Supports people in England, Scotland and Wales who are working and living with mental health difficulties, as well as advising employers on how they can support mental health at work.

## Andy Man's Club

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online.

## Anxiety UK

National charity for people affected by anxiety, stress and anxiety-based depression. Offers counselling either face-to-face, via telephone or video call.

03444 775774 (Helpline)

07537 416 905 (Text)

## As You Are

Registered charity providing affordable counselling for depression, stress and anxiety for people living in Brighton, Hove and surrounding areas.

07392 612771

info@asyouarecentre.co.uk

## Bayo

An online search tool to find mental health and wellbeing support or services, run by and for the Black community.

## Bipolar UK

National charity dedicated to empowering individuals and families affected by bipolar. Offers one-to-one peer support and free peer support groups.

info@bipolaruk.org

**Borderline  
Support UK**



## Borderline Support UK

A national user-led community interest company which promotes the use of lived experience and peer support to be there for anyone affected in any way by BPD.

## Brighton & Hove Wellbeing Service

Offers a variety of support and psychological therapies for children, young people and adults including short-term therapeutic interventions and talking therapies.

Access via GP referral or self-referral via the website.

0300 002 0060

spnt.brightonwellbeing@nhs.net

## Brighton Therapy Centre

Not-for-profit organisation providing counselling, talking therapies and workshops for individuals, couples, families, and young people who are seeking mental health and wellbeing support.

01273 626444

info@brightontherapycentre.org.uk



## Cause UK

Peer led regional charity providing support to people caring for someone with a serious and complex mental illness.

## Employee Assistance Programme by Spectrum.Life

Wellbeing support from highly qualified counsellors whenever you need it most, by phone, text, WhatsApp, or live chat, 24 hours a day, 365 days a year.

0800 316 9337

WhatsApp or Text 'Hi' to 07418 360 046

Access code for the online portal: BeWell





**Mankind UK**

Offers support for men aged 18+ in Sussex affected by unwanted sexual experiences at any time in their lives. Clients must self-refer and a form is available online. 01273 911680 (answerphone) admin@mkcharity.org



**Men's Group**

A self-improvement community for men. Their mission is to create community and conversations where guys can share what's really happening in their lives.



**Mental Health Rapid Response Service (MHRRS)**

Accepts referrals for adults aged in Brighton & Hove with urgent mental health problems requiring assessment. Referrals can be made by the individual themselves, or anyone concerned about someone experiencing a mental health crisis. 0300 304 0078



**Mental Health UK**

Charity working across England, Scotland, Wales, and Northern Ireland to support people affected by mental health problems.



**MenWalkTalk**

Grassroots Community Initiative to support Men's Mental Health by encouraging men to open up, feel able to talk to other men and reduce social isolation.



**Mind**

Offers a wide range of mental health services, including advice, support, training, peer support and advocacy. Mind have more than 100 local Minds across England and Wales. Most of their services run on an appointment-only basis.

Use the online tool to find your nearest local Mind.

01273 66 69 50

info@mindcharity.co.uk



**PANDAS Foundation UK**

A community offering peer-to-peer support for anyone affected by perinatal mental illness. 0808 1961 776



**Phoenix Therapy Practice**

Offers a variety of therapies including CBT, DBT and EMDR for adults, children, couples and families with mild, moderate and severe mental health difficulties. 01273 256882 info@phoenixtherapypractice.co.uk



**Rethink Mental Illness**

Provides support and information for anyone affected by mental health problems, including local support groups. 0808 801 0525



**SANELINE**

Helpline providing information and advice on mental health. 0845 767 8000



**Side by Side**

Mind Charity's online peer support community where you can talk openly about your feelings and your experiences with people who are experiencing the same.



**SignHealth**

Therapy service for Deaf people experiencing mental health issues, bereavement, or stress. All of the team are Deaf, or hearing and fluent in BSL. Self-referral via online form. info@signhealth.org.uk



**Stress Management Society**

Information about stress and tips on how to cope.  
0203 142 8650  
info@stress.org.uk



**Sussex Community Counselling**

Offers general counselling and some specialist counselling services so you can get the right support or they can suggest other services if they can't offer the particular support you need.  
01273 517250  
enquiries@sussexcommunity.org.uk



**Sussex Mental Healthline**

Offers listening support, advice, information and signposting to anyone experiencing difficulties, or in urgent need of help with their mental health.  
0800 0309 500  
0300 5000 101 (Text Relay and NGT)



**The Rock Clinic Association**

A community of over 120 counsellors and psychotherapists offering a range of psychological therapies in a range of languages.  
01273 621 841 (Rock East)  
01273 326 826 (Rock West)



**The Silver Line**

Operates the only confidential, free helpline for older people across the UK that's open 24-hours, 7 days a week, 365 days of the year.  
0800 4708090



**Women and Girls Network**

Telephone advice, face to face counselling, group work and complementary health services for women and girls overcoming experiences of violence - sexual, physical or emotional, recent or past. Referrals to specialist services.  
020 7610 434

# Neurodiversity



## Access to Work

Government programme aimed at supporting disabled people to take up or remain in work. The support you get will depend on your needs. Check if you are eligible and then apply directly to either Able Futures or Maximus.



## ADHD Aware

A small charity based in Brighton supporting adults impacted by attention deficit hyperactivity disorder (ADHD). They offer a programme of regular facilitated peer support sessions for adults with ADHD, as well as support for partners and parents of children and young people.  
support@adhdaware.org.uk



## Assert

A small charity in Brighton & Hove that supports people with autism and their parents, partners and carers. Provides advice, information, resources, education, volunteering opportunities, and support to improve wellbeing and reduce isolation.  
01273 234850  
assert.bh@assertbh.org.uk



## Aspens

Offers 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.  
01892 822168  
enquiries@aspens.org.uk



## CASS Counselling & Autism Spectrum Support

Supports neurodiverse people and their families, friends, teachers etc. Offers 1-1 counselling and integrative family therapy.  
info@casscounselling.co.uk



## Disability Rights UK

Information and support for people living with a disability.



## National Autistic Society

Their advice and guidance section has a wide range of information about autism. There are 24 different topics, including: diagnosis, communication, loneliness, sensory differences, mental health, benefits and money, education, and more.



## Respond

Services for people with learning disabilities or autism, who've experienced abuse or trauma.  
0207 383 0700



## The Dyslexia Association

An organisation providing support and services for dyslexic children and adults of all ages, their parents/families, educators, employers and the wider community.



## VoiceAbility

A charity which is one of the UK's largest providers of advocacy services. Offers information and advice on how advocates can help.  
0300 303 1660  
helpline@voiceability.org

# Students and Young People



## Allsorts Youth Project

Listens to, connects & supports children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+).

01273 721100



## Beat

Helpline, webchat and online support groups for people with eating problems, like anorexia and bulimia.

0808 801 0677



THE CHARITY FOR CHILDREN IN CARE AND YOUNG CARE LEAVERS

## Become

Information and support for young people in care, and young care leavers.

0800 023 2033



## Brighton & Hove Wellbeing Service

Offers a variety of support and psychological therapies for children, young people and adults including short-term therapeutic interventions and talking therapies.

Access via GP referral or self-referral via the website.

0300 002 0060

spnt.brightonwellbeing@nhs.net



## Centrepoint

Provides advice, housing and support for people from 16 to 25 who are homeless or at risk of homelessness in England.

0808 800 0661



## Coram Voice

Information, support and advocacy for young people who are care leavers.

0808 800 5792



## E-motion

A free confidential service offering counselling via email or live messaging for young people aged 12-18 years and living in East Sussex.

frankie@e-motionbh.org.uk



## Law Stuff

Legal information for young people who have come to the UK from a different country. Covers topics like immigration, work and education.



## Mermaids UK

Support for transgender, non-binary and gender-diverse people up to 18. Runs events, local groups, online courses and a webchat.

0808 801 0400



## Muslim Youth Helpline

Provides faith and culturally sensitive support to young Muslims by phone, webchat, WhatsApp and email.

0808 808 2008



## No Panic

Provides support to young people experiencing panic attacks and obsessive-compulsive disorder (OCD).

0330 606 1174



**OCD Youth**

Information and resources for young people with obsessive-compulsive disorder (OCD). Provides an email helpline, support group, online network and discussion group.



**POhWER**

Information, advice, support and advocacy for people facing difficult issues. Offers specific advocacy services for young people.  
0300 456 2370



**Reading Well**

Online and downloadable information and resources to help young people understand and manage their mental health and wellbeing.



**Shout**

Free, confidential text messaging service for people experiencing a challenging time with their emotional wellbeing or mental health and in need of in-the-moment support.  
Text the word SHOUT to 85258.



**Student Minds**

UK student mental health charity offering support for students and peer support groups across the country.  
0113 343 8440  
info@studentminds.org.uk



**The OLLIE Foundation**

Help and advice for young people experiencing suicidal feelings. Also offers support for anyone worried about another young person.



**The Proud Trust**

Support for LGBTQIA+ young people through youth groups, peer support, mentoring schemes and a webchat.  
0161 660 3347



**Samaritans**

Free 24-hour helpline. Whatever you're going through, a Samaritan will face it with you.  
116 123  
jo@samaritans.org



**Sussex Nightline**

A confidential listening service run by trained student volunteers, offering you non-judgmental support. Open 10pm-2am on Fridays, Saturdays, and Sundays during term time.



**The Mix**

Free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.  
0808 808 4994



**Young Minds**

Operates a 24/7 text messaging service providing support for young people experiencing a mental health crisis. Free from major networks.  
Text: 'YM' to 85258.



**Youth Access**

Advice and counselling network for young people. Includes a search tool for finding free local services.

# Support for Sussex Staff

## Employee Assistance Programme (EAP)

Provided by Spectrum.Life

Sussex staff can access wellbeing support from a highly qualified counsellor whenever you need it most, by phone, text, WhatsApp, or live chat, 24 hours a day, 365 days a year.

In addition to the confidential counselling helpline offering up to eight structured counselling sessions, you have access to a medical helpline, legal support and help with day-to-day issues, such as career coaching, consumer advice or relationship mediation.

Whilst it's great to know that you can access in the moment support when you need it most, your EAP offers so much more to help you proactively manage your wellbeing, including webinars, BeCalm programmes, fitness and nutrition advice, and clinician-created content on topics such as parenting, mental health, and managing stress.

0800 316 9337

WhatsApp or Text 'Hi' to 07418 360 046

Online platform: [landg.spectrum.life/login](https://landg.spectrum.life/login)

Use access code: BeWell

## Staff Mental Health First Aid Network

The University has an established network of staff Mental Health First Aiders who are available as a point of contact for a colleague who is experiencing a mental health issue or emotional distress.

They are trained to listen without judgement, provide support and reassurance, and signpost to appropriate professional services. This interaction could range from having an initial conversation through to supporting the person to get appropriate help.



## Staff Wellbeing Hub

On the Staff Wellbeing Hub, you can find a broad range of information relating to your mental, physical and financial wellbeing.

This includes wellbeing-related events, guidance for managers, wellness action plans, stress risk assessments, return to work guides, and more. You can also access the Staff Wellbeing Hub via MyView.

## Togetherall

A free, online, clinically-managed platform available to both Sussex staff and students - 24 hours a day, 7 days a week.

Register online using your University email address to join the anonymous support community and access a wide range of self-guided courses to do at your own pace. If you're struggling to cope, feeling low or need a place to talk, Togetherall can help you to explore your feelings in a safe, supportive environment.

## University of Sussex Chaplaincy

Located in the Meeting House, Chaplains are available for the whole campus and offer welcoming informal support to those both with and without faith. They run regular meditation sessions in the serenity of the Meeting House chapel, open to staff and students.

# Trauma and Abuse



## Ashiana

Support network for Black, Asian, Minority Ethnic and refugee women and children who have experienced domestic abuse, honour-based violence, or forced marriage.

0114 255 5740



## Brighton Women's Centre

Offers short-term therapy to all self-identifying women dealing with trauma, including survivors of abuse or discrimination.

07842 311 406

admin@womenscentre.org.uk



## GALOP

Helplines and other support for LGBT+ adults and young people who have experienced hate crime, sexual violence or domestic abuse.

0800 999 5428

help@galop.org.uk



## Help for Adult Victims of Child Abuse (HAVOCA)

Information and support for adults who have experienced any type of childhood abuse, run by survivors.

## Into The Light

Counselling support, advice, information and resources to people of all genders who have been sexually abused.

info@intothelight.org.uk



## Men's Advice Line

Confidential advice and support for men who have experienced domestic violence and abuse by a current or ex-partner or family member.

0808 801 0327



## Men's Aid

Works to promote welfare for men who have experienced domestic abuse, as well as families and children.

0333 567 0556



## National Society for the Prevention of Cruelty to Children (NSPCC)

Support and information for children who have experienced abuse, or anyone worried about a child.



## One in Four

Advocacy services, counselling, and resources for adults who have experienced trauma, domestic or sexual abuse in childhood.

0800 121 7114



## Refuge

Help and support for women, children and young people who have experienced domestic abuse.

0808 200 0247



## Respond

Services for people with learning disabilities or autism, who've experienced abuse or trauma.

0207 383 0700



### **Rise**

A women-led domestic violence and abuse charity, working to end all forms of violence and abuse against women, their families and those identifying as LGBT+.

01273 622 822

helpline@riseuk.org.uk

lgbt@riseuk.org.uk



### **Safeline**

Information and support for young people and adults who have experienced sexual abuse and rape.

01926 402 498



### **Safer Places**

Helpline, a live chat and information for adults who have experienced domestic and sexual abuse or violence.

0330 102 5811



### **Stop Hate UK**

24-hour phone and text service for people under 18 who have experienced or seen a hate crime.

Provides an online service for reporting hate crimes.

0808 801 0576

07717 989025 (textline)



### **The Dash Charity**

Information, a helpline, advocacy services and legal support for adults who have experienced domestic abuse.

01753 549 865



### **Victim Support**

Provides emotional and practical support for people affected by crime and traumatic events.

0808 168 9111



### **Women's Aid (England)**

Information and support for women and children who have experienced domestic abuse. Provides support by live chat, a directory of local services and a forum.

helpline@womensaid.org.uk

womensaid.org.uk



### **Women and Girls Network**

Telephone advice, face to face counselling, group work and complementary health services for women and girls overcoming experiences of violence - sexual, physical or emotional, recent or past. Referrals to specialist services.

020 7610 434

# Useful Contacts



## Advisory Conciliation and Arbitration Service (Acas)

Advice and guidance on workplace issues and employment law.  
0300 123 1100



## Citizens Advice

An independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems in the United Kingdom.  
0808 223 1133



## Civil Legal Advice (CLA)

Can tell you if you're eligible for legal aid, and give you free and confidential legal advice if so. You can also text 'legalaid' and your name to 80010 to ask CLA to call you back.  
0345 345 4345



## Equality Advisory & Support Service (EASS)

Advice on issues relating to equality and human rights.  
0808 800 0082 (helpline)



## Health information services

Information on NHS services, coping with illnesses and treatments. Provides information about support groups and help lines including mental health, sexual health and those providing information relating to pregnancy/abortion.



## GOV.UK

Signposts government services and information.



## Health and Safety Executive (HSE)

Britain's national regulator for workplace health and safety.



## Law Centres Network

Information about Law Centres, which defend the legal rights of people who can't afford a lawyer. Includes a searchable directory.



## Shelter

A registered charity that gives advice, information and advocacy to people in need of housing or at risk of homelessness.



## St Luke's Advice Service

Registered charity providing free welfare benefit and debt advice to people in need across the city of Brighton & Hove.



## Streetlink

Exists to help end rough sleeping by enabling members of the public to connect people sleeping rough with the local services that can support them.

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September 2023 v1  
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