

Mental Health Support in Brighton & Hove: COVID-19 OFFER

Provider	Service	Support available	For	Contact Details
Sussex Partnership Foundation NHS Trust	Brighton and Hove Wellbeing Service	We are currently offering all clients appointments over the telephone. In the near future we will also be offering an online video calling option for appointments. There is also the option for those who cannot access phone or video appointments to have sessions via instant messaging on our online e-wellbeing platform. Attend: Central platform for virtual consultations for Client CAMHS /YMCA	Ages 4-17 and Adults	We are accepting referrals as usual. These are triaged on a case by case basis. Refer online through https://www.brightonandhovewellbeing.org/children-and-young-people or email: bics.brighton-and-hove-wellbeing@nhs.net Tel: 0300 002 0060 Anyone can self-refer or make a referral to this service by completing either this form (for age 4-17) or this form (18+ years)
	Flourishing Families	On-line workshops for parents	Parents	Website: www.flourishingfamiliesclinic.nhs.uk
	MIND District	Building content tailored to CYP to offer support	Up to 18 year olds	
	Sussex Partnership Foundation NHS Trust Website	Guided self-help being developed	CYP	Website: https://www.sussexpartnership.nhs.uk/
Sussex Community NHS Trust (SCFT)	Chat Health	Text based service run by school nurses	11-19 year olds	Tel: 07480 635423
	Find Get Give	Signposting service		Website: www.findgetgive.com/services/brighton-hove-wellbeing-service
Schools Wellbeing service	Whole school support	Working with other teams to provide advice, activities, PSHE based sessions and information for schools and parents - through B&H website	Whole school 4-18 years Parents	E-mail: SWSConsultationLine@brighton-hove.gov.uk Duty Line: 01273 293481 Mobile: 07900 705280
	1-1 Therapeutic Sessions	Virtual / Phone appointments for current YP and families we're working with	mainly 11-18 years	Coming through schools and triage with CAMHS and wellbeing
	Parent consultations and advice	Consultation line open daily to contact with specific concerns around young people	Parents Professionals	E-mail: SWSConsultationLine@brighton-hove.gov.uk Tel: 01273 293 481

	Sussex Prisoners' Families	Supports local families to cope emotionally and practically with the imprisonment of a loved-one	CYP Parents/carers	Website: www.sussexprisonersfamilies.org.uk Helpline: 01273 499843 Tuesday, Wednesday & Friday
Directory of Youth Services who have adapted their normal youth offer in light of social distancing guidance.	Blatchington Court Trust	<ul style="list-style-type: none"> remote counselling emotional support 	certified vision impaired people up to the age of 30	Only open to existing registered clients. Anyone eligible can ask to be registered by sending an email to alison@blatchingtoncourt.org.uk
	Brighton Youth Centre	Weekly online recreation group mental health support		Website: www.brightonyouthcentre.org.uk E-mail: office@brightonyouthcentre.org.uk
	E-Motion (from Young People's Support Network's website)	Free online counselling service. Can put you in touch with your own online counsellor who will support you via email.	12-18 year olds	Website: www.e-motion.org.uk E-mail: frankie@e-motion.org.uk
	ESTEEM	<ul style="list-style-type: none"> weekly program of online activities, social chat spaces, meditation sessions, resilience building, finding strengths sessions ongoing check-ins with members of staff youth team online counselling for existing clients 	young adults aged 14-26	Website: http://esteem.org.uk/ E-mail: hello@esteem.org.uk
	Sensing Friends	Telephone and Zoom Video 1-2-1 support and counselling.	Young people age 8 to 18 years old with sensory needs	Website: https://sensingfriends.org/communityfriendship E-mail: penny@sensingfriends.org
	TouchBase Centre CIC	Sessions via Zoom or mobile phone. <ul style="list-style-type: none"> individual therapy dyadic developmental psychotherapy Seguridad through Zoom one-off therapeutic consultations at very reduced rates for young people themselves or anyone supporting 	5-25 year olds Parents	Website: https://touchbase.org.uk/ E-mail: info@touchbase.org.uk

	Trust for Developing Communities	Wellbeing sessions 1-2-1 Phone call check ins 1-2-1 Health & Wellbeing Youth Work		Instagram: @trustdevcom Facebook: New Page to come
	YMCA Dialogue	Delivering counselling and therapy	children and young people	Website: https://www.ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/ E-mail: dialogue@ymccadlg.org Tel: 01273 725259
	YMCA Right Here	Information leaflets and pocket guides on mental health wellbeing and more...	11-25 year olds Parents/Carers	Website: https://ymcarighthere.com/ Website: www.wheretogofor.co.uk Instagram: @ymcarighthere Twitter: @RightHereBH Facebook: @ymcarighthere
	Young People's Support Network	Counsellors and life coaches are working using Skype, Zoom, Facetime and other online platforms.	11-25 year olds	Website: http://youngpeoplescentre.org.uk/counselling/ E-mail: enquiry@ypsn.org.uk Call or text us to arrange an initial chat for face to face counselling on 07948 675207