



Who can I talk to?

Use this document to find local and national support in a variety of areas.



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24-hour Helplines



Emergency Services: 999

Fire, police, ambulance and coastguard

NHS: 111

Non-emergency medical help and advice

SAMARITANS: 116 123

Free confidential emotional support to people in distress or feeling suicidal

ACCIDENT & EMERGENCY:

01273 696955
Royal Sussex County Hospital, Eastern Rd

NATIONAL DOMESTIC VIOLENCE HELPLINE: 0808 2000 247

Helpline for women experiencing domestic violence and their supporters

CHILDLINE: 0800 1111

Free 24-hour counselling service for children and young people

Rapid Response (MHRRS): 0300 304 0078

Urgent response service for people who feel they are in mental health crisis.

SUSSEX MENTAL HEALTHLINE: 0800 0309 500

Helpline offering support and information.

Disability Services



Amaze

01273 772289 |
info@amazesussex.org.uk
amazesussex.org.uk

For disabled children and young people in Sussex, and their parent carers.

Brighton & Hove Speak Out

01273 421921 | Brighthelm Centre, North Road, BN1 1YD
bhspeakout.org.uk

Supports adults with learning disabilities to speak up and be heard.

Carousel

01273 234734 |
enquiries@carousel.org.uk
carousel.org.uk

Development and projects for learning disabled people in the arts.

East Sussex Vision Support

01323 832252 |
info@eastsussexvisionsupport.org
eastsussexvisionsupport.org

Supporting local people with sight loss, in association with East Sussex Vision Care.

Grace Eyre

01273 201900 | 36 Montefiore Road, BN3 6EP | enquiries@grace-eyre.org
grace-eyre.org

Supporting people with a learning disability and autistic people to live the lives they want to.

Mencap

01273 234759
mencap.org.uk
Work with people with a learning disability to support them to lead full lives.

Parent Carers' Council (PaCC)

01273 234862 |
admin@paccbrighton.org.uk
paccbrighton.org.uk

Forum for parent carers of people 0 to 25 with SEND which work to help improve local services and support.

Possability People

01273 894040 | Montague House, BN2 1JE
hello@possabilitypeople.org.uk
possabilitypeople.org.uk/our-services

Services and advice for disabled people and those living with health conditions.

Shopmobility

01273 323239
possabilitypeople.org.uk
Low-cost scooter and wheelchair hire.

Drugs & Alcohol



Cascade Creative Recovery
07512 639 758 | Brighthelm Centre, North Road, BN1 1YD
cascadecreativerecovery.com
Peer-led charity whose mission is to empower people to find and sustain recovery from substance misuse.

Change Grow Live Brighton & Hove Recovery Service
01273 731900
changegrowlive.org/brighton-hove
Support for those affected by substance misuse, offer one to one interventions, group work, clinical interventions and talking therapies.

Keys Community Detox
0800 634 9638
keysuk.org
Holistic community-based Christian detox and recovery programme for those struggling with drug and alcohol addictions.

RU-OK? Substance Use Service
01273 293966
brighton-hove.gov.uk/ru-ok
Free advice, guidance, support and information on drugs, alcohol and sexual health. Referrals through online referral form or telephone.

Food



Brighton & Hove Food Partnership
01273 234810 | info@bhfood.org.uk
bhfood.org.uk
Providing a range of food activities that connect and transform lives. A list of food banks can be found on the website.

Brighton & Hove Local Discretionary Social Fund
01273 293117 for foodbank referral
ldsf@brighton-hove.gov.uk
brighton-hove.gov.uk/benefits
Helping people in a crisis or emergency, or to live independently in their own home, without the need for further care. Available to vulnerable residents of Brighton & Hove.

Community Kitchen
01273 234810
bhfood.org.uk
A cookery school where classes with chefs and food experts support cookery groups for health and wellbeing.

Food Matters
01273 234781 | info@foodmatters.org
foodmatters.org
Brings communities together to influence the food system.

Unemployed Centre Families Project
01273 601211 | 6 Tilbury Place, BN2 0GY
Welfare rights advice line: 01273 676171
bucfp.org
Practical support and advice, free IT access, crisis food, laundry, and more.

General & Emotional Support



Assert Brighton & Hove
01273 234850
assertbh.org.uk
Support for autistic adults who identify with Asperger Syndrome or HFA.

BHCC Access Point
01273 295555
brighton-hove.gov.uk/adult-social-care
Information and advice about adult social care services in Brighton & Hove.

The Carers Centre for Brighton & Hove
01273 746222 | info@thecarerscentre.org
thecarerscentre.org
Charity supporting unpaid carers from the age 6+.

Community Transport
01273 677559
bhct.co.uk
Accessible, affordable transport for groups and individuals with mobility difficulties.

Crossroads Care
01273 234021
esbhcrossroads.org.uk
Providing reliable, quality respite care to enable carers to take a well-earned break.

Cruse Bereavement Support
01273 234007 | eastsussex@cruse.org.uk
cruse.org.uk
Information & counselling for bereaved people and social contact opportunities.

Domestic Abuse Specialist Service at Victim Support
0300 323 9985
victimsupport.org.uk/resources/brighton-and-hove-domestic-abuse-specialist-service
Support to survivors and those affected by domestic abuse and racism.

Impact Initiatives
01273 322940 | 69 Ship Street, BN1 1AE
impact-initiatives.org.uk
Support for children, young people and adults to live healthy and fulfilling lives.

Pathways to Health
01273 234766 | info@pathwaystohealth.org.uk
pathwaystohealth.org.uk
Community acupuncture service supporting people and their families in recovery from issues with mental health and substance misuse.

Safe In The City
01273 290000 | hello@bhct.co.uk
brighton-hove.gov.uk/community-safety-partnership
Support for people experiencing anti-social behaviour, hate incidents or domestic violence.

The Saturn Centre (Sussex SARC, Sexual Assault Referral Centre)
0330 223 0099 | mhl.saturncentre@nhs.net
saturncentre.org
Free confidential healthcare & support to anyone aged 14+ in Sussex that has experienced unwanted sexual experiences.

Together Co
01273 775888 | The Lanes, Nile House, Nile St, BN1 1HW
togetherco.org.uk
Making connections, to reduce isolation & improve wellbeing.

Victim Support
0808 168 9111
victimsupport.org.uk/resources/sussex
Practical and emotional support for people affected by crime.

Health & Sexual Health



Emergency NHS Dental Service

Brighton & Hove emergency dental service – out of hours
(only call from 5.30pm weekdays & from 9.00am weekends)
03000 24 25 48
If you don't have a dentist, use NHS 111.

Healthwatch Brighton & Hove

01273 234040 |
office@healthwatchbrightonandhove.co.uk
healthwatchbrightonandhove.co.uk
Independent champion for those using health and social care services.

Practice Plus Brighton Station Health Centre

0333 321 0946 | 84–87 Queens Road, BN1 3XE | brightonstationgp@nhs.net
practiceplusbrightonstation.nhs.uk
GP surgery and walk-in centre.

Sexual Health and Contraception (SHAC) - Brighton & Hove Service

01273 523388 | Morley Street, BN2 9RE
brightonsexualhealth.com
Free, confidential service.

Terrence Higgins Trust

01273 764200 | 61 Ship Street, BN1 1AE
ttht.org.uk/brightonandhove
Confidential support and counselling on HIV and other sexual health issues, free HIV/STI testing and condoms.

Homelessness & Housing



ACORN

07871 715 693 |
brighton@acorntheunion.org.uk
acorntheunion.org.uk
A membership organisation and network of low-income people organising for a fairer deal for our communities.

Arch Healthcare

01273 003930 | School Clinic, Morley Street, BN2 9DH
archhealthcare.uk
GP surgery for those experiencing homelessness or housing crisis.

BHT Sussex

01273 645455 | 144 London Road, BN1 4PH |
enquiries@bht.org.uk
bht.org.uk
Advice, information and legal representation on housing and accommodation.

The Clock Tower Sanctuary

01273 722353 | Wenlock House, 41–43 North Street, BN1 1RH
thects.org.uk
Day centre for young people aged 16 – 25 years old experiencing homelessness.

First Base Day Centre

01273 326844 | St Stephen's Hall, Montpelier Place, BN1 3BF |
first.base@bht.org.uk
bht.org.uk/services/homelessness
Advice, food, showers, clothes, laundry & group activities.

Justlife Foundation

0300 123 1550 |
scp@justlife.org.uk
justlife.org.uk
Provides community-focused activities for people moving away from homelessness.

Lawstop Solicitors

01273 109566 | 25 Old Steine, Brighton, BN1 1EL
lawstop.co.uk
Legal aid law practice providing representation and advice in housing, community care and public law.

Project Antifreeze

01273 774140 | 37 Portland Road, BN3 5DQ
offthefence.org.uk/antifreeze
Practical support for people experiencing homelessness.

Street Support Network

brightonandhove@streetsupport.net
streetsupport.net/brighton-and-hove
Connecting people and organisations to tackle homelessness in Brighton & Hove.

Sussex Emmaus

01273 426475 | contact@emmausbrighton.co.uk | Drove Road, Portslade, BN41 2PA
emmausbrighton.co.uk
Supporting people to work their way out of homelessness, providing a home for as long as someone needs it.

Lesbian, Gay, Bisexual, Transgender & Queer (LGBTQ+)



Allsorts Youth Project

01273 721100 | 69 Ship Street, BN1 1AE
info@allsortsyouth.org.uk
allsortsyouth.org.uk
LGBT+ youth and family services available across Sussex and online.

The Clare Project

07464 229 395 | info@clareproject.org.uk
clareproject.org.uk
Registered charity run by and for trans, non-binary and intersex people in Sussex.

Mindout

01273 234839 | info@mindout.org.uk
mindout.org.uk
Mental health and wellbeing services for lesbian, gay, bisexual, trans and queer people.

RISE

07563 389 482 | LGBT@riseuk.org.uk
riseuk.org.uk
Specialist support and refuge for LGBTQ+ people experiencing domestic abuse.

Switchboard

01273 234009 | info@switchboard.org.uk
Helpline: 01273 204050
switchboard.org.uk
Provides targeted health & wellbeing services for LGBTQ people across Sussex.



CALM – Campaign Against Living Miserably
0800 58 58 58
thecalzone.net
Movement against suicide. Support for men and those bereaved by suicide.

Mankind
01273 911680 | admin@mkcharity.org
mkcharity.org
Therapeutic service for men in Sussex who have been affected by sexual abuse.

Men's Advice Line
0808 801 0327 |
info@mensadvice.org.uk
mensadvice.org.uk
Support for men in abusive relationships.

Mental Health



Brighton & Hove Recovery College
01273 749500 | 42 Frederick Place, BN1 4EA | recoverycollege@southdown.org
southdown.org
Free courses as an educational route to recovery from mental health challenges.

Brighton & Hove Wellbeing Service
0300 002 0060 |
brightonwellbeing@spft.nhs.uk
brightonandhovewellbeing.org
NHS service supporting people from age 4 years upward.

Mind Brighton & Hove
01273 666950 | 51 New England Street, BN1 4GQ
mindcharity.co.uk
Providing mental health support services across the city and Sussex.

Staying Well Service – Brighton & Hove
0800 023 6475 (Option 3) | 18 Preston Park Avenue, BN1 6HL
uok.org.uk/service/staying-well-brighton-hove/
Out-of-hours mental health crisis support, 7-days a week, 365 days a year.

UOK Brighton & Hove
0808 196 1768 (Freephone)
uok.org.uk/talk-to-us
Free mental wellbeing support and guidance for the Brighton & Hove community.

The Wellbeing Hub at Preston Park
01273 565049 | 18 Preston Park Avenue, BN1 6HL
uok.org.uk/service/the-wellbeing-hub-at-preston-park/
Individual support and group activities to improve and maintain mental health.

Minority Ethnic Communities



Black and Minority Ethnic Community Partnership
0300 303 1171 | 10a Fleet Street, BN1 4ZE
bmecp.org.uk
Resource centre that champions the BME community in Brighton & Hove, supporting BME communities and their families.

Brighton & Hove Black History
01273 234835
black-history.org.uk
Challenges racism and prejudice by raising awareness of the multicultural history of Britain.

Friends, Families and Travellers
01273 234777 |
fft@gypsy-traveller.org
gypsy-traveller.org
National charity working on behalf of all Gypsies, Travellers and Roma regardless of ethnicity, culture or background.

Sussex Interpreting Services
01273 702005 |
info@sussexinterpreting.org.uk
sussexinterpreting.org.uk
Free language support for non-English speakers to access local public services.

Money & Benefits



Brighton & Hove City Council Benefits Service
01273 292000 | Bartholomew House, BN1 1PS |
housing.benefits@brighton-hove.gov.uk
brighton-hove.gov.uk/benefits-and-financial-advice
Housing and council tax benefit claims.

Brighton & Hove City Council Welfare Rights Team
01273 291116 | welfarebenefits@brighton-hove.gov.uk |
Bartholomew House, Brighton, BN1 1JE
brighton-hove.gov.uk/benefits-and-financial-advice/help-and-support/your-welfare-rights
Advice Line Mon, Tues, Wed 10am–1pm.

Community Advice Support & Education (CASE)
01273 540717 | 4 Crestway Parade, Brighton, BN1 7BL
case-central.co.uk
Tues – Fri 10am to 2.30pm
Various free services for families on low incomes.

Citizens Advice
0808 278 7815 | Hove Town Hall, Tisbury Road, BN3 3BQ
cabrightonhove.org
General help and advice on any subject.

Job Centre Plus
0800 169 0190 | 15 Queen Square, Brighton BN1 3FD
gov.uk/contact-jobcentre-plus
Income support, job seekers allowance and other benefits.

Money Advice Plus
0808 196 3699 | Hove Town Hall, Tisbury Road, BN3 3BQ
moneyadviceplus.org.uk
Debt & welfare benefit advice & casework.

Moneyworks Adviceline
0800 988 7037 | Hove Town Hall, Tisbury Road, BN3 3BQ
moneyadviceplus.org.uk/advice-and-support
Advice line for benefits and debt for all residents of Brighton & Hove for one off phone advice.

Possability People Advice Centre
01273 894050 |
advice@possabilitypeople.org.uk
possabilitypeople.org.uk/our-services/advice-information/
Advice, entitlement checks, form filling and challenging decisions.

St. Luke's Advice Service
01273 549203 | Brighthelm Centre, North Road, BN1 1YD
stlukesadvice.org.uk
Practical help & advice on welfare benefits, debt & tax credits. Appointment only.

Training & Employment



National Careers Service
0800 100 900
nationalcareers.service.gov.uk
Information and guidance to help you make decisions on learning, training and work.

National Careers Services 'Job Club'
0800 100 900
brighton-hove.gov.uk/libraries-leisure-and-arts/libraries/get-careers-information-advice-and-guidance

Connect to Work
C2W@brighton-hove.gov.uk
www.brighton-hove.gov.uk/connect2work
One-to-one support for people facing challenges in securing or staying in employment

Youth Employability Service
01273 294247 | Montague House, Montague Place BN2 1JE
brighton-hove.gov.uk
Information & guidance to 16- 18yr olds not in training or employment. Up to 25yrs old if facing additional barriers.

Youth Employment Hub
01273 291654
[instagram.com/youthemploymenthub](https://www.instagram.com/youthemploymenthub)
Education, employment & training support for young adults in Brighton & Hove.

Volunteering



Community Base Volunteer Search
01273 234000
communitybase.org/volunteering
Free listing service for organisations to find volunteers and volunteers to find opportunities.

Community Works Volunteer Centre
01273 234826
volunteer.communityworks.org.uk
Offering a matching and guidance service to people looking to volunteer and organisations involving volunteers.

Women



Brighton Women's Centre
01273 698036 | 22 Richmond Place, BN2 9NA
womenscentre.org.uk
Women's support, 50+ group, counselling, psychotherapy, musculoskeletal & housing support, supporting women in the criminal justice system.

Oasis Project
01273 696970 | 11 Richmond Place, BN2 9NA
oasisproject.org.uk
Support for women and families with current or former drug or alcohol problems.

RISE
01273 622822
riseuk.org.uk
Offering prevention and recovery support services to those who have experienced domestic abuse in Brighton & Hove.

Survivors' Network
01273 203380 | 6a Pavilion Buildings, BN1 1EE
survivorsnetwork.org.uk
Helpline, counselling, advocacy and support for survivors of sexual violence and abuse.

Young People



Little Green Pig
01273 234776 | info@littlegreenpig.org.uk
littlegreenpig.org.uk
Free creative writing workshops & projects for children and young people across Sussex.

YMCA Downlink Group – Youth Advice Centre (YAC)
01273 624432 | 11 St. George's Place, BN1 4GB
ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac
Face to face support via appointment only.

Young People's Centre (YPC)
01273 887886 | 69 Ship Street, BN1 1AE
impact-initiatives.org.uk/services/ypc
Specialist services, support and activities for young people.

Other



Brighton & Hove Faith In Action
info@bhfa.org.uk
bhfa.org.uk
A multi-faith charity, bringing people from across Brighton & Hove to support the city.

Brighton Philharmonic Orchestra
01273 234801
brightonphil.org.uk
Professional local orchestra, performing an annual season of concerts.

Community Base
01273 234000 | reception@communitybase.org | 113 Queens Road, Brighton, BN1 3XG
communitybase.org
We are an independent charity providing affordable working space to community and voluntary groups and services to the local community. Inspired this document.

Creative Future
01273 234780 | info@creativefuture.org.uk
creativefuture.org.uk
An arts organisation supporting underrepresented writers and artists working within arts and health.

Digital Brighton & Hove
0808 196 5885
citizenonline.org.uk/what-we-do/digital-brighton-and-hove/
Helping residents to build digital skills and confidence. We can also provide devices and data to those in need.

Grassroots Suicide Prevention
01273 234834
prevent-suicide.org.uk
Empowering people to help save lives from suicide through educating, connecting and campaigning nationally.

Veritas
01273 234773 | info@veritas-justice.co.uk
veritas-justice.co.uk
Free and confidential advocacy service supporting victims of stalking in Sussex.