

Sussex Partnership

NHS Foundation Trust



West Sussex Service Directory

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ASC & ADHD

ADHD Foundation - Online

A fantastic resource filled with ADHD-related information for professionals, parents and young people. This includes advice for young people on managing their symptoms and understanding their diagnosis. Also includes advice for parents around subjects like school and medication and much more.

Website: <https://www.adhdfoundation.org.uk/>

Aspens – West Sussex

Aspens provide support to children and young people with a range of disabilities, complex needs and those on the autism spectrum. They work with children and young people to develop skills that they would need to live independently as adults. Parents and carers can refer directly into the service. Services incur a fee.

Telephone: 01243 214120

Referral email address: childrenreferrals@aspens.org.uk

Enquiries email address: enquiries@aspens.org.uk

Website: <https://aspens.org.uk/>

Address: First Floor, Rear of 27-29, Beach Road, Littlehampton, BN17 5JA

CASS – Counselling and Autistic Spectrum Support - Worthing

Supporting children and young people (ages 3-13 years) with ASC and ADHD traits and their families. It offers face to face appointments, remote services via Skype/email/text/Whatsapp and general support services under their mentoring service. They are currently running a new integrative program for families that involve a systematic analysis called Refamiliying. They take an integrative approach to counselling and seek to go on a journey with their clients to explore their full potential.

Telephone: 01273 241646

Email: info@casscounselling.co.uk

Website: <https://www.casscounselling.co.uk/>

National Autistic Society - Horsham

A registered charity that provides specialist autism services across the country, including support in schools, the community, at work and at home. In West Sussex, a club is held in

Horsham for children and young adults between the ages of 5-18. Participants have the opportunity to join a structured group which meets their individual needs and provides a safe environment for them to socialise in.

Telephone: 020 7833 2299

Email: nas@nas.org.uk

Website: <https://www.autism.org.uk/services/england/west%20sussex.aspx>

West Sussex ADHD support - Worthing and Crawley

ADHD West Sussex is a group for parent / carers over 18 years of age, who care for someone (child or adult) who has or is on the ADHD spectrum or with other Social Communication Difficulties (with or without a diagnosis) within the county of West Sussex. This includes grandparents and other relations who share the caring responsibilities. Self-referrals can be made by joining their designated Facebook page or via email. Currently hubs exist in both Crawley and Worthing.

Groups are run by a group of parent volunteers. Groups meet the second Tuesday of every month in The Coffee Lounge, Maidenbower Community Centre, RH10 7QH from 11.30 - 13.30.

Facebook page: <https://www.facebook.com/groups/CrawleyADHD/>

Email: crawley@adhdwestsussex.org

Bereavement

Cruse Bereavement Care – Chichester, Worthing, Crawley, Horsham, Mid-Sussex

A service that supports bereaved adults, children and young people to understand their grief and to cope with their loss. The service offers counselling and support on a one to one basis to all ages with a bereavement and offers free information and advice to anyone who has been affected by a death. A social group is also run at the Worthing & Mid Sussex branches which provides further information. In the Crawley, Horsham and Mid Sussex branch they hold 'Information Evenings' once a month. These alternate between Haywards Heath, East Grinstead, Crawley and Horsham.

Telephone: 03003 119 959 (9:30am-5pm)

Email: westsussexarea@cruse.org.uk

Website: <https://www.cruse.org.uk/get-help/local-services/south/west-sussex>

Winston's Wish – West Sussex

Support for children and young people after the death of a parent or sibling. They offer face-to-face therapeutic support in individual and group settings. There is a team based in Hove that offer face-to-face support but offer support for children and young people living in West Sussex.

Telephone: 08088020021 – therapeutic advice on support a grieving child or young person.

Email: ask@winstonswish.org

Website:

https://www.winstonswish.org/?gclid=EAIaIQobChMI6_Cx3szi5wIVWeDtCh2bHAZyEAAyASAAEgKHy_D_BwE_20

Bullying

BullyingUK – West Sussex

This service is part of Family Lives service and offers advice on all types of bullying. Provides support for both young people and their carers.

Helpline: 0808 800 2222

Email: askus@familylives.org.uk

Website: <https://www.bullying.co.uk/>

Kidscape - West Sussex

Kidscape aims to prevent bullying and child sexual abuse. It provides training, support and advice to children (6-19 years), parents, schools and those in professional contact with young people, enables them to gain knowledge and develop the confidence and skills to challenge abuse and bullying in all its forms.

Telephone: 02077 303 300

Parent advice line: 020 78235430 (Mon-Weds from 9:30am to 2:30pm)

Email: webinfo@kidscape.org.uk

Website: <https://www.kidscape.org.uk/>

CAMHS - West Sussex Tier 3

Chichester CAMHS:

Telephone: 01243 813405

Address: 72 Stockbridge Road, Chichester, West Sussex, PO19 8QJ

Horsham CAMHS:

Telephone: 01403 223340

Address: New Park House, North Street, Horsham, West Sussex, RH12 1RJ

Worthing CAMHS:

Telephone: 01903 286754

Address: Lyndhurst Road, Worthing, West Sussex, BN11 2DH

CAMHS Specialist Services

CAMHS Permanency Service – West Sussex

The CAMHS Permanency Services supports children (0-18) who are in a permanent foster placement or in a special guardianship placement (that have not previously been in a foster placement), who are experiencing complex emotional and psychological difficulties. Referrals must be made by the child or young person's social worker; the referral then has to be taken to the Therapeutic Access Panel.

Telephone: 01273 467930

Address: 41 Brunswick Road, Shoreham by Sea, West Sussex, BN43 5WA

CATS (Child Assessment and Treatment Service) - West Sussex

This SPFT service works directly with children and young people who display worrying or harmful sexual behaviours. Where appropriate, the young people's families are also worked with in a supporting and advisory role. The aim is to protect the young people from future abuse and confront their behaviours before they become too entrenched. The service can be referred to by social workers.

Telephone (Monday to Friday 9am to 5pm): 01403 223200

Telephone (Out of Hours): Social Services Emergency – 0330 222 6664

Telephone (Out of Hours): Mental Health Helpline – 0300 5000 101

Address: New Park House, North Street, Horsham, West Sussex, RH12 1RJ

Community Mental Health Liaison Service (CMHL) - West Sussex

A tier 2 CAMHS service for those with mild-moderate mental health and wellbeing issues. The service primarily offers consultation to professionals such as GPs, teachers, public health nurses and support workers, but are able to offer some support to young people directly under certain circumstances. Notably the service can only be accessed by professionals and not parents, carers or young people.

The CMHL service operates Monday-Friday, 9-6pm and a Professionals Access Point will be in operation Monday-Friday, 12-5pm for professionals to call or email when seeking advice about a young person's mental health.

Telephone: 0300 304 0304

Email: spnt.cmhlserviceaccesspoint@nhs.net

Early Intervention in Psychosis - West Sussex

This service offers support to 14 to 35 year olds experiencing their first episode of psychosis. The aim of this support, as it is early intervention, is to allow individuals to get help with their problems when they first appear, before they develop into a more serious illness.

Bognor Regis: 01243 841041

Horsham: 01403 223200

Worthing: 0300 304 0067

Pan-Sussex Children and Young People and Family Eating Disorder Service – West Sussex

This service works with children, young people and their families to treat eating disorders. The service looks at the physical and mental health of affected young people and work with them to put together a treatment plan. They support children and young people ages 10-18 years old that live in Sussex and are registered with a GP in Sussex. Children under 10 are assessed case by case to find the best treatment option for them. The service is also available to provide consultation to generic CAMHS services.

Telephone (Monday to Friday 9am to 5pm): 01444 472670

Telephone (Out of Hours): Social Services Emergency – 0330 222 6664

Telephone (Out of Hours): Mental Health Helpline – 0300 5000 101

Address: Chalkhill, Princess Royal Hospital Site, Lewes Road, Haywards Heath, West Sussex, RH16 4NQ

Unaccompanied Asylum Seeking Children – West Sussex

A specialist service within the CAMHS permanency service that provides mental health support for Unaccompanied Asylum Seeking Children (UASC) in West Sussex. The service is run by Jo Squire, a mental health nurse. Jo runs groups, provides advice and is able to offer limited one-to-one support to young people. Referrals are usually made by a young person's social worker.

Telephone: 07849611644

Email: Jo.Squire@westsussex.gov.uk

Urgent Help Service – Sussexwide

They provide an alternative to inpatient care by providing an assessment and care for young people in mental health crisis at risk of admission (those with immediate risk of suicide or with any severe psychotic symptoms). This consists of emergency assessments 365 days a year. Following assessment young people may be put on one of their 3 care pathways -

intensive home treatment, enhanced assessments and liaison with hospitals. They work with a variety of agencies including: Local CAMHS teams, Social Services, education, Police, Street Triage, AMHPs, Paediatric care staff and social services. Able to work alongside generic CAMHS.

Telephone: 01444 472670/1

Address: Chalkhill, Princess Royal Hospital Site, Lewes Road, Haywards Heath, West Sussex, RH16 4NQ

Charity Helplines

NSPCC – West Sussex

A charity fighting child abuse and neglect, they provide assemblies in schools, help and support via phone lines, and in-person counselling and support. This is not only provided to children of abuse but given across schools as a preventative measure and given to vulnerable parents coping with the pressures of being a parent.

If you're worried about a child:

Telephone: 0808 800 5000

Email: help@nspcc.org.uk

Website: <https://www.nspcc.org.uk/>

Childline – West Sussex

A free, private and confidential UK based charity for under 19-year old's where you can talk about anything via email, telephone or online chat with trained counsellors. Your phone call can be anonymous. Children and young people can also email counsellors. To do so they must sign up online (<https://www.childline.org.uk/registration/>), however they do not have to provide an email address or name, just a username and password.

Telephone: 0800 1111

Website: <https://www.childline.org.uk/>

Child Development

Child Development Centre (CDC) – Chichester, Crawley, Worthing

The child development service offers co-ordinated, multi-disciplinary assessment, diagnosis and management. This is a service for children from birth to 19 years of age. The CDC provide support for a range of difficulties. These include but are not limited to: developmental disorder, epilepsy, cerebral palsy, neuromuscular problems, and chronic neurological problems, learning difficulties, genetic disorders, autism spectrum disorders, severe feeding difficulties, sensory problems, language problems, severe coordination problems and complex incontinence. Parents and carers can ask any health professional who knows the child to complete a referral form to the Child Development team. Often a GP, School Nurse or Health Visit will refer a child with the parent's permission.

Chichester CDC (covers Arundel, Bognor Regis, Chichester, Midhurst)

- Telephone: 01243 793639
- Email: sc-tr.chichestercdc@nhs.net
- Address: Child Development Centre, Westhampnett Road, Chichester, PO19 7HH
- Opening hours: 8:30am-4:30pm Monday to Friday

Crawley CDC (covers Crawley, Horsham)

- Telephone: 01293 301010
- Email: sc-tr.childdevelopmentcentrenorth@nhs.net
- Address: Child Development Centre, 1st Floor, Green Wing, Crawley Hospital, West Green Drive, Crawley, RH11 7DH
- Opening hours: 9am-5pm Monday to Friday

Worthing CDC

- Telephone: 01903 286716
- Address: Worthing Children's Service, Sussex Community NHS Trust, Children's Centre, Worthing Hospital, Lyndhurst Road, Worthing, BN11 2DH

Child Sexual Exploitation

B You Child Exploitation – West Sussex

This is a service for children and young people at risk of or currently experiencing Sexual Exploitation or Criminal Exploitation. The service provides confidential 1:1 direct work session with children and young people. Direct work with young people is completed by Exploitation Practitioners, who work to build self-esteem and instil resilience, while teaching children how to recognise and respond appropriately to risk. Completed referrals (which can be found on the website) must be emailed to referral.byyou@barnardos.org.uk

Telephone: 01293 610691

Website: <https://www.barnardos.org.uk/what-we-do/services/b-you-child-exploitation-and-nightwatch-service>

Address: Barnardo's B You CSE & Nightwatch Service, Ground Floor Unit 1, Satellite Business Village, Crawley, West Sussex, RH10 9NE

Domestic Abuse

My Sisters' House – Bognor Regis

Based in Bognor Regis, this service provides a range of support needs for women of all backgrounds, including those who have experienced domestic violence. Support offered includes drop-ins, workshops, training and peer support groups throughout the week.

Telephone: 01243 697800

Email: office@mysistershouse.info

Website: <https://www.mysistershouse.info/>

Address: 108c London Road, Bognor Regis, PO21 1BD

Safe in Sussex – West Sussex

Safe in Sussex is a service primarily for women who have experienced domestic abuse. However, the service also runs a free programme adapted for primary and secondary school children: "Children and Young People's Adverse Childhood Experience Recovery Toolkit". The course is run over 6-8 weeks and each session is an hour and a half. The focus of the training is identifying the negative impact their experiences have had on the child or young person's self-esteem, communication, relationships and choices. The programme uses a trauma-informed, psycho-educational approach to learning but is not therapy in of itself.

Telephone: 03003337416

Email: ace.recoverytoolkit@safeinsussex.org.uk

Website: <https://www.safeinsussex.co.uk/>

Eating Disorders

BEAT – West Sussex

A UK-wide eating disorder charity that offers a variety of support services for young people with an eating disorder and their parents. Their website comes with a lot of information on understanding eating disorders, various helplines and online support groups broken down by age and individual needs. The site also features a help finder for special care in your area.

BEAT run "Developing Dolphins" skills workshops for parents, carers and other family members to help them to support the affected young person and increase their knowledge and understanding of eating disorders. However, these do not run on a regular schedule.

Many of BEAT's services are run in partnership with the Pan-Sussex Children and Young People and Family Eating Disorder Service (page 11) and intended to complement the service they provide.

Helplines are open 365 days a year from 12-8pm and 4-8pm on weekends and bank holidays.

Helpline (anyone over 18):

- Telephone: 0808 801 0677
- Email: help@beateatingdisorders.org.uk

Studentline:

- Telephone: 0808 801 0811
- Email: studentline@beateatingdisorders.org.uk

Youthline (anyone under 18):

- Telephone: 0808 801 0711
- Email: fyp@beateatingdisorders.org.uk

One-to-one web chat is also available through the BEAT website for those who may struggle to talk on the phone.

Website: www.beateatingdisorders.org.uk

Healthy Relationships

Break 4 Change Project - Worthing

The Break 4 Change programme supports parents/carers and young people in building healthy relationships. The programme aims to help families break patterns where a young person in the home is controlling the home environment, being violent or aggressive towards a parent, putting a parent down and/or making threats. Both child and parent/carer can attend this programme at the same time. The programme runs over a 10 week period; meeting weekly on Tuesday evenings from 5pm until 7pm. Self-referrals are not accepted. The referrer must stay involved before, during and after the programme to help support the family in the changes they make. Contact Sarah Field to refer.

Telephone: 07540 672009

Email: sarah.field@westsussex.gov.uk

Website: <https://www.westsussexwellbeing.org.uk/events/2758/break-4-change-project/2020-03-10>

Address: The Glynn Owen Youth Centre, 108 South Farm Road, Worthing, BN14 7AP

Family Lives

Family Lives is a national family support charity providing help and support to families who are struggling; the aim to build better family lives together. This service offers a confidential helpline, resources on their website and community work with families.

Telephone: 0808 800 2222

Email: askus@familylives.org.uk

Website: <https://www.familylives.org.uk/>

Homelessness

Youth Homeless Prevention Team

A service supporting young people (age 16-17 years) who are at risk of homelessness or have nowhere to sleep. The YHPT provides phone advice on finding a safe to sleep, as well as working both with the young person and the family to find a long-term solution to their housing situation.

Telephone: 033 022 24711

Website: <https://www.westsussex.gov.uk/education-children-and-families/your-space/support/housing-support/housing-support-for-16-and-17-year-olds/>

Learning Difficulties

Intensive Planning Team – West Sussex

The Intensive Planning Team work with children with complex needs who are at risk of their school placement breaking down. They work alongside professionals who already know the child and offer additional resources that will support better outcomes for children, schools and families. The service aims to reduce the number of children and young people placed in out of county specialist placements and increase the number of young people accessing their local mainstream school. In addition, they work with families to create community and social links to build family resilience.

Email: Charlie.connor@westsussex.gov.uk

PACSO - Chichester

PACSO is a local charity that supports children with disabilities and their families. They offer a range of respite activities and events for the whole family. PACSO is based in Chichester and most clubs take place at Fordwater School and Chichester Nursery School Children and Family Centre. PACSO allows self-referrals from parents and carers, as well as referrals from schools, health professionals and social services. Only members can access PACSO clubs and activities – membership is free, but a small charge is made for each club and activity.

Telephone: 01243 533353 – ask to speak to Hannah Buckwell

Email: admin@pacso.org.uk

Website: <https://pacso.org.uk/>

Office Address - PACSO Lavant House, West Lavant, West Sussex, PO18 9AB

Reaching Families – West Sussex

Reaching Families is a support group aimed to empower inform and support parents and families of children and young people with special educational needs and disabilities. Reaching Families run training roadshows which cover a wide variety of subjects including anxiety in children, food issues, sensory processing difficulties and challenging behaviour. They also have a Facebook page which families can use for support, tips, advice and discussion.

Telephone: 01903 366360

Email: admin@reachingfamilies.org.uk

Website: <https://www.reachingfamilies.org.uk/>

Reaching Families – Group Counselling – Bognor Regis and Crawley

Reaching Families are running group counselling sessions to support parents to explore themes important to emotional health & wellbeing, including coping strategies, managing anxiety and depression, self-care and problem solving. The sessions are run over six weeks in Bognor Regis and Crawley. The whole course costs £45 (£30 for parents who are on work related benefits) but if finance is a barrier to attending the course then this can be discussed.

Telephone: 01903 366360

Email: admin@reachingfamilies.org.uk

Website: <http://www.reachingfamilies.org.uk/counselling.html>

Reaching Families – Umbrellas Support Group – Billingshurst, Littlehampton, Worthing

The Umbrellas Support Group is for parents and carers of children or young people with additional needs and disabilities. They run monthly support groups at Billingshurst Community Centre, The Wickbourne Centre in Littlehampton and Durrington Community Centre.

Telephone: 07951794734

Email: Hannah@reachingfamilies.org.uk

Website: <http://www.reachingfamilies.org.uk>

Legal Support

Citizens Advice Bureau - West Sussex

The Citizens Advice Bureau is an independent, local charity helping people of all ages and backgrounds. Advice can be given on a range of problems, for example managing debt or household bills, understanding rights and work or housing issues. They also provide specialist services in debt, homelessness and employment. This service has 16 locations in West Sussex where you can visit in person. Services are located in Burgess Hill, Crawley, East Grinstead, Haywards Heath, Horsham, Shoreham-by-Sea, Worthing, Billingshurst, Broadfield, Broadwater, Haywards Heath: Saltworks Hub, Henfield, Lancing, North Horsham, Pulborough, Steyning and Storrington.

Telephone: 0344 477 1171

Website: <https://www.advicewestsussex.org.uk/>

Coram Children's Legal Centre - Nationwide

The Children's Legal Centre's Child Law Advice Service provides free legal advice and information on child, family and education issues. The Child Law Advice Service provides advice on topics such as parental disputes about child arrangements, child protection and attending court.

Family or child law advice: 0300 330 5480 (Monday-Friday, 8am-6pm)

Education law advice: 0300 330 5485 (Monday-Friday, 8am-6pm)

Website: https://www.coram.org.uk/how-we-do-it/coram-childrens-legal-centre-upholding-childrens-rights?gclid=EAlaIQobChMIvsad7dri5wIVx7HtCh1cnwkrEAAAYASAAEgJigfD_BwE

LGBTQ+

Allsorts – West Sussex

An under 16's youth group for lesbian, gay, bisexual, trans or unsure young people. Groups meet monthly from 4-6pm in Horsham, Chichester and Worthing. Allsorts also offer an emotional support service with LGBT+ youth support workers; 3 x 45-minute sessions are offered either weekly or fortnightly.

Telephone: 01273 721211 / 07383106472 – enquiries about attending the youth group

Email: youth@allsortsyouth.org.uk – emotional support service

Website: <https://www.allsortsyouth.org.uk/westsussex>

MindOut – West Sussex

MindOut is a mental health service run by and for LGBTQ+ people to improve the mental health and wellbeing of LGBTQ+ communities. The service offers advice and information over the phone, by email or via an online chat service. The service also offers peer support groups, a peer mentoring project and an advocacy service.

Telephone: 01273 234839

Email: info@mindout.org.uk

Website: <https://www.mindout.org.uk/>

Rainbow Families- West Sussex

Rainbow Families is an informal social group of LGBTQ+ parents and their children in Brighton & Hove, Sussex and surrounding area. Membership to the group is free and the group usually meet on the first Sunday of every month and hold other events such as a summer camping trip, picnics and a Christmas party.

Email: brightonrainbowfamilies@gmail.com

Website: <http://www.rainbowfamilies.org.uk/>

Facebook: Brighton and Hove Rainbow Families

The Rainbow Hub – West Sussex

The hub is a good point of contact for LGBTQ+ people seeking up to date help, information or guidance, in a safe, non-judgemental environment. Volunteers at the hub can refer young people to one or more of the extensive networks of partner organisations for further support.

Telephone: 01273 675445

Email: hello@therainbowhubbrighton.com

Website: <https://therainbowhubbrighton.com>

Address: The Rainbow Hub, 93 St James' Street, Brighton, BN2 1TP

Local Authority

Children and Family Centres – West Sussex

Children and Family Centres across West Sussex and are community resources providing local support to parents and children. They also run universal groups that families can access as well as more targeted groups for vulnerable families. Use the below website to find your closest centre.

Website: <https://www.westsussex.gov.uk/education-children-and-families/find-a-children-and-family-centre/>

Early Help – West Sussex

Early Help is a service run by West Sussex County Council; it involves working with families sooner to improve their situation and prevent the need for prolonged support. Most referrals to Early Help come through the Multi-Agency Safeguarding Hub. MASH will decide whether the referral requires Early Help intervention, Children's Social Care intervention or no further action. If it is decided that a family requires support from Early Help, they will be allocated a family support worker or a key worker depending on their level of need. The family support worker or key worker will complete direct work with the family, signpost to other services and ensure the communication between all professionals working with the family. Although Early Help uses a whole family approach, the aim is to improve the lives of the children in the family. Enquires that do not need to go through MASH can be made to Local Early Help hubs:

Adur and Worthing:

- Telephone: 07841867340
- Email: adurworthinghub@westsussex.gov.uk
- Opening Hours: Monday, Tuesday, Thursday and Friday 9:30am-3pm

Arun:

- Telephone: 07860858654
- Email: arunhub@westsussex.gov.uk
- Opening Hours: Monday to Friday 9am-4pm

Chichester:

- Telephone: 07860858616
- Email: chichesterhub@westsussex.gov.uk
- Opening Hours: Monday to Friday 9am-4pm

Crawley:

- Telephone: 07542856334
- Email: crawleyub@westsussex.gov.uk
- Opening Hours: Monday to Friday 9am-4pm

Horsham:

- Telephone: 07525211177
- Email: horshamhub@westsussex.gov.uk
- Opening Hours: Monday, Wednesday and Friday 9am-4pm

Mid Sussex

- Telephone: 01444255477
- Email: midsussexhub@westsussex.gov.uk
- Opening Hours: Monday, Wednesday and Thursday 9:30am-3:30pm

Find It Out – West Sussex

Find It Out centres are for young people aged 13-25 to drop in to get advice and information. They provide support with careers advice, education, employment and training, family and relationships, sexual health advice, housing and homelessness, advice on how to get legal help and personal finance and benefits. The YES service is also based in Find It Out centres.

Adur Find It Out Centre:

- Telephone: 01903763639
- Address: Lancing Youth Centre, Penhill Road, Lancing, BN15 8HA – the centre is currently closed for drop-in visits whilst they review their services. For drop in services visit Worthing Find It Out Centre

Bognor Regis Find It Out Centre:

- Telephone: 01243867430
- Address: Church Path, Glamis Street, Bognor Regis, PO21 1DB
- Opening Hours: Tuesday-Friday 1:30pm-5pm

Chichester Find It Out Centre:

- Telephone: 07716227928
- Address: Chichester Library, Tower Street, Chichester, PO19 1QJ

Crawley Find It Out Centre:

- Telephone: 01293843327
- Address: Centenary House, County Buildings, Woodfield Road, Crawley, West Sussex, RH10 8GP
- Opening Hours: Monday-Thursday 1pm-5pm

Horsham Find It Out Centre:

- Telephone: 01403 888025
- Address: Horsham Youth Hub, Hurst Road, Horsham, RH12 2DN
- Opening Hours: Monday and Thursday 1pm-5pm.

Littlehampton Find It Out Centre:

- Telephone: 07718 322346

- Address: Wickbourne Centre, Clun Road, Littlehampton, BN17 7DZ.
- Opening Hours: Monday 1pm-5pm, Friday 1pm-4:30pm.

Mid Sussex Find It Out Centre:

- Telephone: 01444243922
- Address: Park Centre, 60 Park Road, Burgess Hilly, RH15 8ET
- Opening Hours: Monday and Thursday 1pm-5pm

Worthing Find It Out Centre:

- Telephone: 01903210315
- Address: The Place, 24 Marine Place, Worthing, BN11 3DN
- Opening Hours: Monday, Tuesday, Thursday, Friday 1:30pm-5pm

T4T (Target for Teens) – West Sussex

A service that offers one-to-one counselling and group work for young people (13-16 years) who are referred to the service. It works with the patient to build self-confidence, social skills and develop group work skills.

Email: YPS.Request@westsussex.gov.uk

Website: <https://www.westsussex.gov.uk/education-children-and-families/your-space/support/support-for-young-people/target-4-teens-t4t/>

West Sussex Advocacy Service - West Sussex

An advocate is an independent person who can offer one-to-one support to children and young people. This is generally for young people in care, in child protection services or with a social worker. Advocates can accompany young people to meetings, conferences or assist with making a complaint. Essentially, they are there to help young people to navigate the care services they are in. A child or young person must complete an advocacy request form which can be found on the WSAS website.

Telephone: 033 022 28686

Email: AdvocacyService@westsussex.gov.uk

Website: <https://www.westsussex.gov.uk/education-children-and-families/your-space/support/advocacy/>

Mental Health – Counselling Services

Confide Counselling – Chichester and Bognor Regis

Confide Counselling is an independent charity covering areas in Chichester and Bognor Regis. Run by qualified counsellors on a voluntary basis, offering affordable counselling, their aim is to provide a sustained relationship to help those with troubles to find their own solutions. Counselling sessions run Monday-Friday, including both day and evening sessions.

Telephone: 01243 531914

Website: <http://www.confide-counselling.co.uk/>

Horsham and Crawley Counselling Group - West Sussex

A team of qualified and experienced counsellors based at Alphacom House, Oakhill Road in Horsham. The team offer an affordable community-based counselling service tailored to suit the needs of the individual through short- or long-term therapy, to adults, children and young people. The counselling team can help support you if you are experiencing anxiety, depression, stress, bereavement, relationship difficulties or simply if you want to make some changes in your life. They aim to see individuals as promptly as possible and with flexibility around appointments. This is a **paid** service, where fees are based on household income.

Telephone: 01403 217900

Email: enquiries@hccounselling.org.uk

Website: <https://www.hccounselling.org.uk/>

Opening Hours: Monday-Thursday, 9:30am-5:15pm and Fridays 10am-12:30pm

Relate Children and Young People's Counselling – Chichester and Crawley

A counselling service for young people experiencing problems at school, issues with their parents or with their mental health. Young people can be referred by a teacher, social worker or they can self-refer. This is a paid service, with each centre setting their own rates.

Chichester:

- Telephone: 01243 788935
- Email: reception.crawley@relatesussex.org
- Address: Chichester Relate, 3 Market Road, Chichester, PO19 1JW

Crawley Relate:

- Telephone: 01293 657055
- Email: reception.crawley@relatesussex.org

- Address: The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley, RH10 6AD

Website: <https://www.relate.org.uk/sussex/chichester-relate>

YMCA Dialogue – West Sussex

A counselling service accredited by The British Association of Counselling & Psychotherapy. YMCA dialogue offers face-to-face, online counselling and group work for young people aged 11 to 18. Face-to-face sessions take place in Billingshurst, Bognor Regis, Burgess Hill, Chichester, Crawley, East Grinstead, Haywards Health, Horsham, Lancing, Littlehampton, Shoreham and Worthing.

Telephone: 07739893707

Email: community.counselling@ymcadlg.org

Website: <https://www.ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/>

Mental Health Crisis Helplines

Samaritans Helpline (all ages)

Samaritans offer a 24/7 listening service to those in emotional distress. This includes those in mental health crisis and individuals who are feeling suicidal.

Telephone: 116 123

Email: jo@samaritans.org (response time is approximately 24 hours)

Open days and hours: 24-hour service every day

Sussex Mental Healthline - West Sussex

A phone service offering support and information to anyone experiencing mental health problems. The service is also available to carers and healthcare professionals. The service has recently been made available 24/7. Calls are limited to 20 minutes, however if you are in extreme distress they will be there as long as is needed.

The service also welcomes Text Relay calls and New Generation Text calls from hearing and speech impaired callers. Interpreters can also be arranged on request. See website for details of access.

Telephone: 0300 5000 101

Website: <https://www.sussexpartnership.nhs.uk/sussex-mental-healthline>

Opening days and times: 24-hour, seven-day service

Papyrus Hopeline – West Sussex

The Papyrus Hopeline is a telephone service for young people who are experiencing suicidal thoughts. They provide a safe space to talk through anything happening in a young person's life that could be impacting their ability to stay safe.

Telephone: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Opening hours: 9am-10pm weekdays, 2pm-10pm weekends, 2pm-10pm bank holidays

Mental Health – Information

Pathfinder - West Sussex

Pathfinder is a network of mental health charities in West Sussex that aims to provide a single point of access to mental health and wellbeing support, most of which have both 16-25 (BE-OK services) and 18+ services. Individual charity sites act as pathfinder hubs and are responsible for signposting in their local area or referring to other hubs or pathfinder services. Pathfinder charities all share the same paperwork, meaning that clients can transfer between services easily without undergoing further assessment.

Pathfinder West Sussex also includes a Pathfinder clinical service. This comprises of a small team of clinicians who cover West Sussex and provide consultation with support workers from each of the charities. These clinicians are able to step cases up to Sussex Partnership Trust care under certain circumstances.

You can search for service in your area using the Pathfinder website:

<https://www.pathfinderwestsussex.org.uk/>

Adur (covering Southwick and Shoreham):

- Telephone: 01273 871575
- Email: pathfinder.adur@westsussexmind.org

Bognor Regis:

- Telephone: 01243 863034
- Email: pathfinder.bognor@capitalproject.org

Chanctonbury (covering Steyning and Storrington)

- Telephone: 07495 077298
- Email: pathfinder.chanctonbury@westsussex.org.uk

Chichester:

- Telephone: 01243 780420
- Email: pathfinder.chichester@richmondfellowship.org.uk

Crawley:

- Telephone: 01293 534782
- Email: pathfinder.crawley@sussexoakleaf.org.uk

Horsham:

- Telephone: 01403 241866
- Email: pathfinder.horsham@richmondfellowship.org.uk

Midhurst:

- Telephone: 07474 871899
- Email: pathfinder.midhurst@westsussexmind.org

Mid Sussex (covering Haywards Heath, East Grinstead and Burgess Hill)

- Telephone: 01444 416391
- Email: pathfinder.mid-sussex@sussexoakleaf.org.uk

Littlehampton:

- Telephone: 01903 721893
- Email: pathfinder.littlehampton@westsussexmind.org

Worthing:

- Telephone: 01903 268107
- Email: pathfinder.worthing@westsussexmind.org

Mental Health - Support

West Sussex Mind's Young Person's Service - BE OK

A service of dedicated youth workers for 16-25-year olds experiencing a variety of mental health concerns. They offer one-to-one emotional support, peer support, regular social activities in small groups and can support young people to access other services. Internal transition can also be made to West Sussex Mind's 18+ service if and when appropriate.

Chichester and Midhurst:

- Telephone: 07946 988212
- Email: ypsichichester@westsussexmind.org

Littlehampton and Bognor Regis:

- Telephone: 01903 721893
- Email: ypsarun@westsussexmind.org

Worthing, Adur and Chanctonbury:

- Telephone: 01903 268107
- Email: ypsworthing@westsussexmind.org

Website: <https://www.westsussexmind.org/mental-health-support/support-for-younger-people>

Samaritans Face-to-Face Service

This service is available for all ages and offers support with personal issues via the phone, in person, email or letter.

Telephone: 116 123 – free from any phone

Website: <https://www.samaritans.org/>

Bognor, Chichester & District:

- Telephone: 0330 094 5717
- Address: 13 Argyle Road, Bognor Regis, PO21 1DY
- Opening Hours: Monday (10:15am – 9pm), Tuesday (4:15pm – 9pm), Wednesday (4:15pm – 9pm), Thursday (4:15pm – 9pm), Friday (10:15am – 9pm), Friday (10:15am – 9pm), Saturday (8:15am – 11am and 4:15pm – 9pm) and Sunday (8:15am – 11am and 4:15pm – 9pm)

Horsham and Crawley:

- Telephone: 0330 094 5717

- Address: 21 Denne Road, Horsham, West Sussex, RH12 1JE
- Opening Hours: Monday (9am – 9pm), Tuesday (1pm – 9pm), Wednesday (1pm – 9pm), Thursday (6pm – 9pm), Friday (9am-12pm and 7pm – 9pm), Saturday (9am – 9pm) and Sunday (9am – 12pm and 7pm – 9pm).

Worthing:

- Telephone: 0330 094 5717
- Address: 2 Lennox Road, Worthing, BN11 1DA
- Opening Hours: Monday - Sunday, 9am - 9pm

Sussex Oakleaf - BE OK – Crawley, Horsham and Mid Sussex

Be OK is a free mental health service for people ages 16 to 25 that aim to provide confidential support, promote independence and build resilience. Support includes: one to one recovery and wellbeing goal setting, peer support, signposting, advice and information and social and psychoeducational groups. It is aimed at people who are: worried about their mental health and need advice or information, have a mental health diagnosis and need help learning to cope, are at college or university and struggling with their mental health. Due to the ages accepted, can also be helpful for those moving from Children and Young People mental health services to adult services. A contact information form can be found on the Sussex Oakleaf website below.

Crawley:

- Telephone: 01293 534782
- Email: pathfinder.crawley@sussexoakleaf.org.uk

Mid Sussex:

- Telephone: 01444 416391
- Email: pathfinder.mid-sussex@sussexoakleaf.org.uk

Website: <https://www.sussexoakleaf.org.uk/be-ok-youth-mental-health/>

West Sussex Mind - West Sussex

West Sussex Mind's 16-25 services (BE-OK) offer support for young people affected by mental health problems. This can include one-to-one mental health support services, signposting and information plus social and peer support from other service users. The charity has a positive ethos around service user involvement and trains peer mentors and peer facilitators who want to develop themselves further. Given the range of ages accepted, this can be a useful service for those transitioning from CAMHS to adult services. Referrals can be made by a professional although the service encourages people to self-refer to the

service. West Sussex Mind has three main hubs in Worthing, Littlehampton and Southwick plus smaller services in Midhurst and Chanctonbury.

For families or children with neurodevelopmental difficulties, such as ADHD or Autism, WSM also run training courses for carers, along with other training courses. A programme can be found on their website.

Southwick:

- Telephone: 01273 871575

Littlehampton:

- Telephone: 01903 721893

Midhurst:

- Telephone: 07474871899

Worthing:

- Telephone: 01903 268107

Chanctonbury:

- Telephone: 07495 077298

YES – Youth Emotional Support – West Sussex

A free service for young people aged 11-18 looking for support with their well-being. YES offer one-to-one support and group working. Young people can be referred directly to YES by a West Sussex based GP, CAMHS or a school nurse service. Young people can also self-refer by visiting their local Find It Out centre.

Telephone: 033 022 26711

Email: yes@westsussex.gov.uk

Website: <https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/#overview>

YMCA Downs Link Group – Worthing, Horsham, Crawley

Service supporting young people aged 11-18 and their families. Offers parenting skills training, counselling, mentoring and youth clubs plus support and advice on mental health, sexual exploitation and accommodation.

Telephone: 01273 222550

Email: enquiries@ymcadlg.org

Website: <https://www.ymcadlg.org/>

Crawley:

- Address: Foyer, Horsham Rd, Crawley RH11 7AQ

Horsham:

- Address: Horsham Youth Centre, Albion Way, Horsham, West Sussex, RH12 1AH

Worthing:

- Address: 30-36 Portland Road, Worthing, BN11 1QN

YoungMinds – West Sussex

Offers free, online and telephone support, including information and advice to any young person (0-25 years) about their emotional problems, behaviour or mental health. Young Minds also provide expert knowledge to professionals, parents and young people through their Parent Helpline, online resources, training and outreach work.

Telephone for general enquires: 0207 089 5050

Parent's helpline: 0808 802 5544

Text (if in crisis - 24/7 services): YM to 85258.

Website: www.youngminds.org.uk/

Offending Behaviour

REBOOT- West Sussex

The REBOOT programme provides a personalised, one-to-one support package for children and young people who are at risk of engaging in serious violence and gang behaviour. REBOOT takes a strengths-based approach, focusing on the positive aspects of young people's lives as opposed to the negatives. Coaches will work with young people in creating a personalised plan that emphasises their strengths and supports them in overcoming any barriers they be facing to makes positive changes in their lives. The project is available to

children and young people living in Sussex aged 11-17 years old. Complete the referral form found on the website and email to the address below.

Telephone: 07557855732

Email: REBOOT@ymcadlg.org

Website: <https://www.ymcadlg.org/what-we-do/support-and-advice/reboot/>

Youth Offending Parenting Support Team – West Sussex

This service offers support for parents of young people aged 10-18; they provide 1-to-1 support and a parenting support group called Family Futures. The 1-to-1 support consists of 6 free sessions which last about one hour and takes place within the parent/carers home. Family Futures parenting support groups are monthly groups which offer parents the space to share advice and their experiences in a supportive environment. Professionals can refer parents/carers or the parent/carer can refer themselves.

Chichester, Bognor, Littlehampton, Worthing and Shoreham:

- Telephone: 033 022 23149

Horsham and Crawley:

- Telephone: 033 022 28581

Website: <https://www.westsussex.gov.uk/education-children-and-families/your-space/support/support-for-families/youth-offending-parenting-support-team/>

Youth Offending Service (YOS) – West Sussex

Working with young people (10-17 years) who are at risk of offending and may have received a final warning. They offer a specialist programme aimed at diverting young people away from further offending.

Telephone: 01903 839920

Email: youthoffendingteam@westsussex.gov.uk

Website: <https://www.westsussex.gov.uk/fire-emergencies-and-crime/crime-prevention/youth-offending-service/>

Parent Carers

Carers' Support - West Sussex

Carers' support is an independent charity that supports family and friend carers in West Sussex. Carer Wellbeing Workers offer information and support for mental health, learning difficulties, Autism and Asperger syndrome, drugs and alcohol, parent carers, young adult carers and dementia carers. The charity is an emotional support service that offers counselling sessions, a telephone call back service and other support for emotional

wellbeing and relaxation. Carers can register for support online:

<https://www.carerssupport.org.uk/register/>

Telephone: 0300 028 8888

Website: www.carerssupport.org.uk

Crawley:

- Address: The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley, West Sussex, RH10 6AD

Littlehampton:

- Address: Dove Lodge, 49 Beach Road, Littlehampton, West Sussex, BN17 5JG

Worthing:

- Address: 19 Liverpool Gardens, Worthing, West Sussex, BN11 1RY

Informal Family Care - West Sussex

A service for kinship carers taking care of children from 0-18 years old. The service targets grandparents, aunts, uncles and older siblings who are caring for a child or young person full time. This includes monthly drop-ins at five locations; Chichester, Bognor, Worthing, Southwick and Crawley. They also have groups that run for 6 weeks on kinship issues and an introduction to attachment and can provide direct support for families open to Early Help or social work teams.

Telephone: 07889 203 515

Email: lisa.veness@westsussex.gov.uk

West Sussex Parent Carer Forum - Littlehampton

West Sussex Parent Carer Forum is a local charity that supports parents and carers of children and young people with Special Educational Needs and Disabilities. The service provides information, training and support to parents and carers.

Telephone: 01903 726188

Email: office@wspcf.org.uk

Address: Dove Lodge, 49 Beach Road, Littlehampton, BN17 5JG

Physical Health

Chat Health – West Sussex

Chat Health is a confidential text messaging service that enables children and young people (ages 11-19) to contact their local public health nursing (school nursing) team. Children and young people can get in touch for advice about any aspect of their physical or emotional health. They will get a reply within 24 hours from an NHS School Nurse between 9am and 4:30pm Monday to Friday.

Text: 07480 635 424

Find It Out – West Sussex

Find It Out centres are for young people aged 13-25 to drop in to get advice and information. They provide support with careers advice, education, employment and training, family and relationships, sexual health advice, housing and homelessness, advice on how to get legal help and personal finance and benefits. The YES service is also based in Find It Out centres.

Adur Find It Out Centre:

- Telephone: 01903763639
- Address: Lancing Youth Centre, Penhill Road, Lancing, BN15 8HA – the centre is currently closed for drop-in visits whilst they review their services. For drop in services visit Worthing Find It Out Centre

Bognor Regis Find It Out Centre:

- Telephone: 01243867430
- Address: Church Path, Glamis Street, Bognor Regis, PO21 1DB
- Opening Hours: Tuesday-Friday 1:30pm-5pm

Chichester Find It Out Centre:

- Telephone: 07716227928
- Address: Chichester Library, Tower Street, Chichester, PO19 1QJ

Crawley Find It Out Centre:

- Telephone: 01293843327
- Address: Centenary House, County Buildings, Woodfield Road, Crawley, West Sussex, RH10 8GP
- Opening Hours: Monday-Thursday 1pm-5pm

Horsham Find It Out Centre:

- Telephone: 01403 888025
- Address: Horsham Youth Hub, Hurst Road, Horsham, RH12 2DN
- Opening Hours: Monday and Thursday 1pm-5pm.

Littlehampton Find It Out Centre:

- Telephone: 07718 322346
- Address: Wickbourne Centre, Clun Road, Littlehampton, BN17 7DZ.
- Opening Hours: Monday 1pm-5pm, Friday 1pm-4:30pm.

Mid Sussex Find It Out Centre:

- Telephone: 01444243922
- Address: Park Centre, 60 Park Road, Burgess Hilly, RH15 8ET
- Opening Hours: Monday and Thursday 1pm-5pm

Worthing Find It Out Centre:

- Telephone: 01903210315

- Address: The Place, 24 Marine Place, Worthing, BN11 3DN
- Opening Hours: Monday, Tuesday, Thursday, Friday 1:30pm-5pm

Information Shop - Chichester

This is an independent charity for 13-25-year olds offering information & advice, counselling, and sexual health advice. If you want information or advice, there is a drop-in service open on Tuesdays, Wednesdays and Fridays from 1pm to 5pm.

Telephone: 01243 839093

Email: info@chi-infoshop.org.uk

Website: <http://chi-infoshop.org.uk/sexual-health/>

Address: 34a Little London, Chichester, West Sussex, PO19 1PL

Opening times:

- Monday: 2:30pm-6pm
- Tuesday: 1:30pm-5pm
- Wednesday: 1:30pm-5pm
- Thursday: 1:30pm-5pm
- Friday: 1:30pm-5pm

Community School Nurses – West Sussex

The School Nursing Service works in partnership with parents/carers, children, school staff and other professionals to help achieve optimum health outcomes for children. Support is available for health-related issues including: allergies, bullying and emotional health, sleep problems and behaviour issues, health eating and lifestyles, growth and development, bedwetting, soiling and constipation. Ask parents/carers to speak to their child's school for support from the school nurse.

Healthy Child Programme (HCP) (0-19) – West Sussex

The HCP is the universal evidence-based public health programme, providing a range of health interventions and support from pregnancy up until the end of formal schooling. The teams comprise of specialist community public health nurses, registered nurses, community nursery nurses, school health assistants and administrative support.

Families can access the HCP teams by a variety of routes - themselves, through children's centres, schools or doctor's surgeries. No referral is necessary – any woman who is pregnant

will automatically have contact with her health visitor, as should families with young children who move into West Sussex.

Adur (Shoreham/Lancing):

- Telephone 01273 696011
- Email: sc-tr.adurhcpteam@nhs.net

Arun Littlehampton:

- Telephone: 01903 858129
- Email: sc-tr.aruneasthcpteam@nhs.net

Bognor (Central):

- Telephone: 01243 793696
- Email: sc-tr.bognorcentralhcpteam@nhs.net

Chichester:

- Telephone: 01273 666451
- Email: sc-tr.chichesterhcpteam@nhs.net

Crawley (East):

- Telephone: 01293 227809
- Email: sc-tr.crawleyeasthcpteam@nhs.net

Crawley (South):

- Telephone: 01273 666476
- Email: sc-tr.crawleysouthhcpteam@nhs.net

Horsham (North):

- Telephone: 01403 620 450
- Email: sc-tr.horshamnorthhcpteam@nhs.net

Horsham (South):

- Telephone: 01273 696011
- Email: sc-tr.horshamsouthhcpteam@nhs.net

Mid Sussex (North):

- Telephone: 01342 325513
- Email: sc-tr.midsxnorthhcpteam@nhs.net

Mid Sussex (South):

- Telephone: 01273 696011
- Email: sc-tr.midsxsouthhcpteam@nhs.net

Rural West (Arundel):

- Telephone: 01903 276999
- Email: sc-tr.ruralwesthcpteam@nhs.net

Worthing (East):

- Telephone: 01273 696011
- Email: sc-tr.worthingeasthcpteam@nhs.net

Worthing (West):

- Telephone: 01273 696011
- Email: sc-tr.worthingwesthcpteam@nhs.net

Medicine Advice NHS (all ages) – West Sussex

National Psychiatric Medication Helpline providing confidential information about mental health medicines from trained medical professionals.

Telephone: 020 7919 2999

Opening days & times: Mon-Fri, 11am to 5pm

Snack Wagon Youth Service – Horsham

The Snack Wagon is a mobile youth provision that offers advice, support and signposting young people to other agencies. The service is for young people aged 13-18 years old. Popular topics of conversation include education, drugs, alcohol, sexual health, safe driving and other issues affecting young people. There's also a range of activities available, such as real 'beer goggles', which help young people to assess their alcohol unit intake. The Snack Wagon is a partnership project between Horsham District Council and West Sussex County Council

- Mondays – 7.00pm - 9.00pm in Southwater, car park behind the village surgery
- Tuesdays – 3.00pm - 5.00pm Needles Children and Family Centre, Horsham
- Thursdays – 3.00pm - 5.00pm opposite Billingshurst Leisure Centre

West Sussex Wellbeing – West Sussex

West Sussex Wellbeing provides support for things like getting the family fitter, doing regular exercise, dealing with stress, kicking a habit or simply improving general wellbeing.

Professionals can refer patients/clients to West Sussex Wellbeing using the online referral form.

Adur and Worthing Wellbeing:

- Telephone: 01903 221450
- Email: info.wellbeing@adur-worthing.gov.uk
- Referral form: <https://www.adur-worthing.gov.uk/eforms/aws-ext-wellbeing-referral.ofml>

Arun Wellbeing:

- Telephone: 01903 737862
- Email: info@arunwellbeing.org.uk
- Referral form: https://www1.arun.gov.uk/external/Wellbeing_Professional.ofml

Chichester District Wellbeing:

- Telephone: 01243 521041
- Email: info@chichesterwellbeing.org.uk
- Referral form: <https://eforms.chichester.gov.uk/officeforms/wellbeing-referral-form.ofml>

Crawley Wellbeing:

- Telephone: 01293 585317
- Email: wellbeing@crawley.gov.uk
- Referral form: https://my.crawley.gov.uk/service/wellbeing_enquiry

Horsham District Wellbeing:

- Telephone: 01493 215111
- Email: info@horshamdistrictwellbeing.org.uk
- Referral form: https://ebusiness.horsham.gov.uk/outreach/LEI_WellbeingReferral.ofml

Mid Sussex Wellbeing:

- Telephone: 01444 477191
- Email: wellbeing@midsussex.gov.uk
- Referral form: https://doitonline.midsussex.gov.uk/officeforms/MDC_Wellbeing_Referral.ofml

Safeguarding

MASH (Multi-Agency Safeguarding Hub) - West Sussex

This is a single point of contact for all safeguarding concerns regarding children and young people in West Sussex which includes front door access for Early Help. The aim is to use

their combined knowledge and resources to keep children safe from harm and promote these and their families' well-being.

Email: MASH@westsussex.gov.uk

If safeguarding issue is urgent continue with telephone contact: 01403 229900

There are also links on the website to online referral forms for both adults and children.

West Sussex Local Safeguarding Children Partnership

Website: <https://www.westsussexscp.org.uk/>

Telephone: 0330 222 7799

Email: wsscp@westsussex.gov.uk

Sexual Abuse/Assault

Life Centre – Chichester, Worthing and Crawley

Work with women, men and children of all ages who have been sexually assaulted or abused. Young people will have to have an initial assessment interview before they are offered counselling. The Life Centre office is open Monday to Friday 9am-3:30pm.

Office telephone: 01243 786349 – make a general enquiry or request counselling.

Helpline telephone: 0808 802 0808 – for young people to ring.

Email: info@lifecentre.uk.com

Rape Crisis Surrey and Sussex – West Sussex

A professional and passionate team dedicated to the healing and empowerment of survivors of sexual violence and female genital mutilation. This is a female-only service and offers counselling, advice and advocacy.

National Freephone Helpline (12-14:30 daily, 19:00-21:30 daily): 0808 802 9999

Email: info@rcsas.org.uk

Crawley Centre:

- Telephone: 01293 538 477
- Opening Hours: Monday to Friday, 10am to 6pm

Saturn Centre - Crawley

The Saturn Centre is a multi-agency partnership service provided by health, social care and the police. It offers services, advice and support to clients aged 14 and over following a rape or sexual assault. The service includes: support of a specially trained police officer (SOLO), for police referrals only, a dedicated support worker for the client, a forensic medical examination carried out by a trained and experienced doctor, aftercare services including ongoing support and advice from an Independent Sexual Violence Adviser (ISVA) right through to the court process if applicable and access to counselling services. Referrals are made via the police or self-referrals direct to the Saturn centre

Telephone: 01293 600469 (answerphone outside office hours)

Helpline: 0800 033 7797 (24hrs/7days a week)

Email: info@saturncentre.org

Website: <https://www.saturncentre.org/>

Address: Crawley Hospital, West Green drive, Crawley, West Sussex, RH11 7DH

Survivors UK Male Rape and Sexual Abuse – West Sussex

Survivors UK offer a counselling service to male's survivors of rape and sexual abuse aged 13-18 years old. During the counselling sessions young people are given the opportunity to talk about the sexual abuse, past life events, difficulties in their current life, concerns about the future, feelings about themselves, managing their feelings, and relationship with others. Young people can self-refer to this service by completing the online referral form: <https://www.survivorsuk.org/ways-we-can-help/self-referral-form/>.

Telephone: 0203 5983898 - (Monday – Friday 09:30 – 17:00)

Email: info@survivorsuk.org

Website: <https://www.survivorsuk.org/>

Webchat from the website top right corner: Monday – Sunday 12:00 – 20:00

The service also offers group work, during which young people (13-18 years) can meet other young people who have had similar experiences. Young people can self-refer for group work by completing the online referral form: <https://www.survivorsuk.org/ways-we-can-help/self-referral-form/>

Telephone: 07467 144369

Email: groupwork@survivorsuk.org

Sussex Children's Sexual Assault Referral Centre (CSARC) - Sussex-wide

An under 14's sexual assault referral centre providing care for children and young people living in Sussex that have experienced sexual abuse or assault. 2 specialist doctors are on-call at the Children's SARC 9am-5pm every day.

Telephone: 01273 242288

Website:

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22678>

Address: Seaside View Child Development Centre, Brighton General Hospital, BN2 3EW.

Substance Misuse

Change Grow Live – Under 25s Drug and Alcohol Service - West Sussex

This service offers flexible, confidential treatment and support for young people aged up to 18 years, who have complex drug and alcohol issues. Whilst their main base of operations is in Worthing, outreach support is provided in venues that suit the young person, including Find It Out centres. Intervention is provided mainly at Tier 3 (specialist) level where a team of specialist workers perform a variety of interventions. Referrals can be made by anyone as long as they have the consent of the young person.

Telephone: 03003038677 or text: 07779 339954

Email: wsypsms@cgl.org.uk or westsussex.ypsms@cri.cjsm.net if emailing from a secure email

Opening hours: Monday-Friday, 9am-5pm

FRANK – West Sussex

FRANK is a national anti-drug advisory service jointly established by the Department of Health and Home Office of the British government in 2003. It aims to reduce the use of both legal and illegal drugs by educating teenagers and adolescents about the potential effects of drugs. This service offers help and advice for a mixture of concerns, such as what to do in an emergency, what to do if you are worried about a friend/child, finding support centres etc.

Telephone: 0300 123 6600

Text: 82111

Email: frank@talktofrank.com

Live Online Chat from 2pm-6pm, Monday-Sunday.

Website: <https://www.talktofrank.com/>

Young Carers

West Sussex Young Carers – West Sussex

Offers support to young people under 18 years old who look after a member of the family who is sick, disabled, has mental health problems or is misusing drugs or alcohol. When a young carer is referred, they will be contacted by a professional to arrange to meet with them to discuss their needs and develop a support plan. They work with the young carer to make sure they are safe and being looked after and reduce the amount of caring a young person has to do by considering the needs of the whole family. Support is also provided with regard to school or college, emotional support and advice around benefit entitlement. You must have the young person's permission to make a referral.

Adur and Worthing:

- Email: adurworthinghub@westsussex.gov.uk

Arun:

- Email: arunhub@westsussex.gov.uk

Chichester:

- Email: chichesterhub@westsussex.gov.uk

Crawley:

- Email: crawleyhub@westsussex.gov.uk

Horsham

- Email: horshamhub@westsussex.gov.uk

Mid-Sussex

- Email: midsussexhub@westsussex.gov.uk

Youth Projects

Audio Active – Worthing

Audio Active is a music organisation working with young people to encourage social change, education and personal development. Their core principles are authenticity, restlessness, innovation, courage, engagement and progression, collaboration and quality.

They run 3 sessions a week (term time only):

- Monday – Rap, Lyrics, Bars. 5-7pm at Cellar Arts Club, Basement, 70 Marine Parade, Worthing, BN11 3QB
- Tuesday – Music production, Live sound, Recording. 4-6pm at Ridiculously Cool Music Studios, 15 Southcourt Road, Unit 4B, Southcourt Yard, Worthing, BN14 7DF
- Thursday – Music production, Beat making, Song writing. 4-6pm at Northbrook Metropolitan College, Littlehampton Road, Worthing, BN12 6NU

Sign up for session online: <https://audioactive.org.uk/sign-up-for-sessions-worthing/>

Jellyfish Arts and Music – West Sussex

Creative arts course for young people aged 13-18 years old to explore emotions, feelings and worries. The course aims to build confidence, self-esteem and social skills, develop team work and support and guide young people through challenges, their needs and their problems. Young people can find out more about the courses by contacting their local Find It Out centre.

Email: yps.request@westsussex.gov.uk

Moving Barriers - Crawley

Moving barriers run weekly sessions on a Friday evening between 6-7:30pm which includes a variety of sporting activities and team games. It is held at the K2 in Crawley and costs £2.50 per session and is for children aged 5-15 years old. Contact must be made before the child or young person can attend the session.

Telephone: 01293 585350

Email: matt.laird@crawley.gov.uk

Talent Within You – Worthing and Surrounding Areas

Talent Within You enables children aged between 14 and 16 years to discover and nurture their talent. Young people can sign up for regular 'life hacks' to help young people grow their talent and develop their niche. Young people can also join the Niche Club to have access to 7 workshops to discover and nurture their talent. The workshops are £3.50 each and are held in Worthing.

Telephone: 01903 898977

Email: talent@talentwithinyou.org.uk

Website: <https://www.talentwithinyou.org.uk/>