

Mental Health Support in Brighton & Hove

Crisis Support

Mental Health Rapid Response (MHRRS) 0300 304 0078

The Mental Health Rapid Response Service [MHRRS] is a rapid assessment service for patients suffering from mental health problems who are at risk and may not be able to keep themselves safe, or are considering attending A+E for help with their mental health. MHRRS is available 24 hours a day, seven days a week, and health professionals, carers or patients can ring for advice. The service assesses patients, and refers them on for further support from other mental health teams where necessary. From 9am-5pm Monday to Friday patients who are already under the care of the Assessment and Treatment Service should ring their care coordinator if they need urgent support. GP services can also assess people with mental health difficulties, and can refer for further support where it is needed.

Sussex Mental Healthline 0300 5000 101

Helpline for anyone in Sussex with a concern related to mental health staffed by trained mental health workers. **Open 5pm – 9 am Monday to Friday and 24 hours at weekends and bank holidays.**

The Samaritans: 116 123

This number is free from both landlines and mobiles. If you prefer, you can contact Samaritans local branch number on: **01273 772277** – you will be charged at a local number rate.

24 Hour Confidential emotional support for anyone in a crisis. Can also email **jo@samaritans.org**, text **07725 909090** or drop-in 10 am – 10 pm at Dubarry House, Newtown Road (near Hove Park Villas) Hove, BN3 6AE.

NHS 111

Call the **NHS 111 service** if you urgently need help or advice but it is not a life-threatening situation. There are leaflets in all languages available on the NHS 111 website

C.A.L.M Helpline - MEN

National Helpline aimed at men in crisis open 7 days a week, 5pm to midnight. **0800 585858.**

Website <http://www.thecalmzone.net/>

Rethink Survivors of Suicide (SOS)

One-to-one, group and telephone support for people experiencing suicidal thoughts, have recently attempted suicide, a family member or friend of someone going through this or someone bereaved by suicide. **Contact on 01273 70 90 60 or e-mail**

sos.mendos@rethink.org

Free counselling/support groups

Community Wellbeing Service

The Brighton and Hove Community Wellbeing Service (NHS)

Brighton and Hove Wellbeing Service offers a range of support if you are experiencing emotional difficulties such as feeling anxious, low, or depressed. They are an NHS community-based service supporting people from age 4 years upwards in Brighton and Hove. They offer a Young People's service and an Adult service.

Adults (aged 18+)

The Adult service offers therapeutic support to people through the [Increasing Access to Psychological Therapies](#) (IAPT) service. The service provides different types of talking therapies if you are experiencing mild to moderate depression, general anxiety and worry, panic attacks, social anxiety, traumatic memories and obsessive compulsive disorder. IAPT is an NHS national initiative designed to expand mental health support and offer NICE recommended evidence-based treatment for adults experiencing anxiety and depression.

Access via GP referral or fill in the self-referral form online at

[**https://www.brightonandhovewellbeing.org/**](https://www.brightonandhovewellbeing.org/)

Email: bics.brighton-and-hove-wellbeing@nhs.net

Telephone: 0300 020 060

Young people (aged up to 25)

The Children and Young People's service offers support to young people who are experiencing mild depression, anxiety, low self-esteem and relationship issues. They provide a range of community based short term therapeutic interventions for children and young people who do not meet the threshold for Specialist CAMHS.

Short term interventions will include:

- Cognitive Behavioural Therapy (CBT)
- Dialogue Face to face Counselling including Specialist Black Minority & Ethnic (BME) and Lesbian Gay Bisexual Transgender Queer (LGBTQ) counselling
- e-motion online counselling
- Support groups to help with such issues as worry and anxiety
- Brief Interventions offering support and advice
- Family Interventions

Contact: You can visit the Youth Advice Centre (YAC) general advice drop-in for a referral, or fill in the self-referral form online at <https://www.brightonandhovewellbeing.org/>

Email: bics.brighton-and-hove-wellbeing@nhs.net

Telephone: 0300 020 060

BHT (Brighton Housing Trust) Mental Health and Wellbeing Service

BHT offers a variety of activities that help people to learn ways to cope with the challenges and changes they may be faced with:

- One to one sessions with trained counsellors
- Wellbeing groups with trained counsellors
- Practical life-skills workshops
- Practical advice and signposting with a dedicated caseworker
- Peer led groups and activities
- Peer support volunteer and mentor training
- Women only counselling and drop in provided by Threshold Women's Services
-

To self-refer call **01273 929471** or email completed self-referral form which can be accessed at <https://www.bht.org.uk/services/mental-health-wellbeing/mental-health-and-wellbeing-services/> to wellbeing@bht.org.uk

Survivors Network Counselling Service

Survivors Network operate a counselling service for self-identifying women over 14, and young men aged 14 -18, who have experienced rape or sexual assault or sexual abuse at any time in their lives.

Fees: Counselling is free if you are 14-18 years old. If you are 19 years or over you will be asked to make a donation for counselling based on what you are able to afford. Inability to donate does not exclude one from being able to access this service.

Access: You can refer yourself using the contact details on their website <https://survivorsnetwork.org.uk>

Young Persons Centre

YPC offer a range of services to people aged 13-25 years old, including:

- 1-1 counselling service (usually 12 sessions)
- Online counselling service (E-motion)

Contact: 1-1 counselling - self refer through the <http://youngpeoplescentre.org.uk/counselling/>

E-motion (online counselling service) - <https://www.e-motionbh.org.uk/>

Dialogue - YMCA Downslink Group

YMCA Dialogue offers a free 1-1 counselling service for 13 to 25 year olds.

Fees: Free to people aged 13-25 years old

Contact: You can self-refer using the details on **the <https://www.ymcadlg.org/>**, or get a referral through the YAC (Youth Advice Centre) general advice drop-in at:

11 St Georges Place, Brighton BN1 4GB

T 01273 624432

Email: yacservices@ymcadlg.org

MINDOUT

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people. They work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.

They offer:

- Advice and support,
- Advocacy,
- Peer support groups,
- Suicide prevention,
- Peer project mentoring,
- 50+ support,
- Online support and counselling
-

Contact: 01273 234839

Community Base, Queens Road Brighton BN1 3XG

e-mail: infor@mindout.org.uk

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

LOW COST COUNSELLING

AS YOU ARE

As You Are provides affordable counselling and group work for depression, stress and anxiety for people living in Brighton, Hove, Portslade, Southwick, Shoreham, Lancing and Worthing. They offer 1-1, group work and workshops.

Fees: Open to both adults and children with fees operating on a sliding scale from £8 to £35 per session

Contact: You can book an assessment via phone or online at <http://asyouarecentre.co.uk>

Call: 07952 754859 and 07507 706478

Corner House: 01273 871576 (press option 2 for As You Are) Monday, Tuesday & Thursday evenings 6-9pm and Tuesday & Saturdays 10-1pm

MARRIAGE CARE

Marriage Care offers a local counselling service for those experiencing relationship difficulties. You do not have to be married to access this service. They specialise in marriage preparation, relationship counselling and relationship knowledge

Fees: They don't charge a fixed fee, apart from an initial registration fee of £10. You will never be turned away because you cannot afford to give very much but all counselling clients are asked to give a donation in advance of each session

Contact: you can refer yourself by contacting them directly, using the [contact details on their website](#)

PSYCHOLOGY SUSSEX

Psychology Sussex are an independent practice of psychologists, psychiatrists and psycho-therapeutic counsellors offering comprehensive psychological treatment for a wide range of difficulties including a range of specialist psychological health care services. They are currently offering low cost places with trainee psychodynamic counsellors, trainee counselling psychologists, and trained clinical psychologists. All trainees are supervised by their clinical director.

Fees: £15 or £20 per session dependant on who you see

Access: you can refer yourself by contacting them directly, using the [contact details on their website](#)

Rock Clinic

The Rock Clinic Association, a registered charity, is a co-operative association of psychotherapists and counsellors, yoga teachers and complementary therapists providing accessible therapy to the community of Brighton, Hove and Sussex

The Rock Clinic has two sites across the city: Rock East at 270 Eastern Road, Brighton BN2 5TA and Rock West, 8 Western Street, Brighton BN1 2PG. Both Clinics have facilities for individual psychological and physical therapy, with space for group work. There is full disabled access at Rock West and good disabled access at Rock East

Fees: Flexible depending on what you can afford, but usually minimum £10

Access: You can refer yourself using the contact details on their website

<http://www.rockclinic.org.uk>

RISE

Rise support anyone who has been affected by domestic abuse or intimate partner violence (violence, emotional and sexual abuse and coercive control, including children and young people). Clients are usually offered 12 weekly sessions of 50 minutes each.

Fees: RISE operate a sliding scale for fees and do not prevent any individual accessing therapy if they cannot make a nominal contribution to the cost of their therapy

Access: you can refer yourself via the RISE Helpline 0300 323 9985, leave a voicemail and you will be called back.

Specialist counselling services

Alternatives Pregnancy Counselling Centre

Alternatives provide counselling, support and information to people facing an unplanned pregnancy or a pregnancy loss (post-abortion or miscarriage). Counselling is also available to partners

Fees: Payment works on a sliding scale depending on your financial situation (between £5 and £40 per session)

Access: you can refer yourself using the contact details found on the [Alternatives website](#)

Breakeven Sussex

Breakeven Sussex provide counselling for anyone affected by **problem gambling**. Their experienced counsellors are trained specialists in working with problem gambling and they can offer support whether you gamble yourself, or are adversely affected by the gambling of a family member or friend.

Fees: FREE

Access: you can refer yourself by contacting them directly through their website at sussexbreakeven.org.uk

Cruse Bereavement Care

Cruse support all bereaved people. They offer 1-1 support and a group drop in

Fees: FREE to people living in East Sussex

Contact eastsussex@cruse.org.uk

For support in Brighton and Hove
Telephone: 01273 234007

For support anywhere else in East Sussex
Telephone: 01323 642942

There is a 24 hour answerphone service, and we aim whenever possible to provide trained volunteers to take your call weekdays 10.30-12 noon. When you call, if you get through to an answerphone please leave a message and we will get back to you within 24 hours. Your call will always receive a response.

Mankind UK

Mankind offer 1-1 counselling, therapeutic groups and couples counselling for men who have been sexually abused and their partners, friends and family.

Fees: Fees are based on a sliding scale from £1-£40 depending on what you can afford, agreed on a weekly basis. FREE for those who aren't working or can't afford to pay.

Website: www.mankind.org.uk or call helpline at 01823 334244 10am – 4pm

Young Oasis Centre

Young Oasis are a specialist service providing free individual, confidential, arts-based therapy for young women (aged between 18 -25) who have experienced violence, abuse, neglect or disadvantage in their early lives. They offer a confidential space to work with a therapist to explore the impact of any difficulties in your life.

Fees: FREE for young women (aged between 18 -25) who have experienced violence, abuse, neglect or disadvantage in their early lives

Access: you can refer yourself by contacting them directly using the contacts details and/or referral form available on their website at www.oasisproject.org.uk

Phone: 01273 696970 Option 3

Email: youngoasistherapy@oasisproject.org.uk

Other Support

Sussex Recovery College

Sussex Recovery College offers educational courses about mental health and recovery which are designed to increase your knowledge, skills and promote self-management. This may help you take control and become an expert in your own wellbeing and recovery and get on with your life despite mental health challenges.

Fees: Currently all courses at the Recovery College are free to attend for people with moderate to severe mental health challenges, their supporters (relatives, friends and carers) and staff from partner organisations.

Access: You can [view the prospectus online](#) and then [submit a registration form online or by post](#)

Brighton Therapy Centre

Brighton Therapy Centre 23A New Road Brighton BN1 1UG

Email: info@brightontherapycentre.org.uk

Phone : **01273 626444** or **07910 032 333** Text : 07910 032 333

The first step in the process of getting help is to come for an initial consultation. These sessions are subject to £25 booking fee, with £15 concessions available for those on benefits.

Ongoing treatment fees vary depending upon the background, and experience of the counsellor, therapist or psychologist .In general terms you can expect to pay between **£35 and £65 for individual sessions lasting 50 minutes.** This will be discussed when you have an initial consultation or when you first see your therapist. Couples and family sessions cost between £50 and £80 for sessions lasting 50 minutes and does require an initial consultation session at the same cost with the right practitioner.

The Recovery College

Brighton and Hove Recovery College, offer educational courses as a route to recovery from mental health challenges for adults 18+. All courses are FREE and designed and delivered by people with lived experience of mental health challenges, together with clinical staff and other professionals.

Courses focus on recovery and self-management skills and range in length from one-day workshops to longer courses running for eight weeks, on subjects such as 'Mindfulness' and 'Managing Anxiety'. The courses are based at community venues across Brighton and Hove including our Learning and Community Hub at Frederick Place and **Preston Park Recovery Centre**.

How to apply

Courses and workshops over three terms each year and you can access a College Prospectus online and/call. You can register on up to three courses, which you can do by completing a registration form (available to download online). After this, you will be invited to attend a meeting with a Peer Trainer to complete an Individual Learning Plan (ILP) to discuss what you want out of the Recovery College and your future goals.

Contact:

Email: recoverycollege@southdown.org

Telephone: 01273 749 500

<https://www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove>