
Brighton & Hove Youth Council

Mental Health Summit

Services Workshop

What organisations are available in the city for young people's wellbeing, mental health and crisis support?

Who do these organisations support?

What services do they provide?

Where can I find out more?

Open-access services for wellbeing

Organisation	Who do they support?	What services do they offer?	Find out more
Active for Life	Anyone under 18	A wide range of sports clubs and activities	www.brighton-hove.gov.uk/libraries-leisure-and-arts/sport-and-activity/how-children-and-young-people-can-stay-active
Allsorts Youth Project	Under 26s who are LGBTQ+	Wellbeing support and group activities	www.allsortsyouth.org.uk
Amaze Sussex	Under 25s with special educational needs and disabilities	Advice, support and group activities	www.amazesussex.org.uk/young-people
Art in Mind	Age 5-25 with mental health conditions	Creative 1:1 sessions and group art workshops	www.artinmindbrighton.co.uk
Audio Active	Anyone aged 12-25	Music sessions, workshops, and shows	audioactive.org.uk
Black and Minority Ethnic Young People's Project	Young people of colour aged 11-16	Youth-led space for group activities and events	instabio.cc/4031318BeLcdx
E-wellbeing	Under 25s	Online information and advice on mental wellbeing	e-wellbeing.co.uk
Hangleton & Knoll Project	Hangleton & Knoll residents aged 11-19	Youth club, activities and group support	www.hkproject.org.uk/youthwork
RU-OK?	Under 18s	Advice and support on drugs, alcohol, and sexual health	https://www.brighton-hove.gov.uk/ru-ok
Safety Net	Anyone aged 8-14	1:1 and group wellbeing support and workshops on staying safe	www.safety-net.org.uk
School nurse	Under 18s	Support with a wide range of health and wellbeing issues	www.healthforteens.co.uk/sussex/find-help/
Sexual Health & Contraception service	Under 25s	Sexual health advice, contraception and pregnancy testing	brightonsexualhealth.com/advice/youngpeople
Sussex Nightstop	16-25 year olds at risk of/are homeless	A safe, private room to stay in and a warm meal	www.sussexnightstop.org.uk
Trust for Developing Communities	11-19 year olds	Youth clubs, projects and 1:1 wellbeing support	www.trustdevcom.org.uk/what-we-do/young-people/

Young Carers Project	6-17 year olds caring for a family member	Emotional support and respite activities	carershub.co.uk/services/ services-for-young-carers/
Young People's Centre	Anyone aged 11-19	Drop-in activities, 1:1 and group support with partner organisations	impact-initiatives.org.uk/service_type/children-young-people/
Youth Advice Centre	Under 26s	Drop-in advice and support on housing, money, wellbeing and sexual health	www.ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac/
Youth Advocacy Project	Under 21s	Support with youth voice (including Youth Council) and advocacy	www.bhyap.org.uk
Youth Employability Service	Aged 16 - 18 not in school, work or training	Careers advice and support with finding the right college course, training or job	www.brighton-hove.gov.uk/families-children-and-learning/youth/youth-employability-service

Open-access services for mental health

Organisation	Who do they support?	What services do they offer?	Find out more
Back on Track	Under 18s whose parents struggle with alcohol	1:1 and family therapeutic support	www.brighton-hove.gov.uk/back-track-brighton-hove
Brighton & Hove Wellbeing Service	Anyone aged 4 – 18 with mental health needs	Hub for all referrals into the Child and Adolescent Mental Health Service (CAMHS) and provide short term therapy if you are feeling low, anxious or stressed	www.brightonandhovewellbeing.org/children-and-young-people
Chat Health	Anyone aged 11-19	Confidential text messaging service with health professionals	chathealth.nhs.uk/start-a-chat
GP	All ages	Mental health advice and support including referrals for local services and medication if needed	www.nhs.uk/service-search/find-a-gp
Mind Brighton & Hove	All ages	Mental health information, resources and advocacy	www.mindcharity.co.uk/brighton-and-hove-services
RISE	5-18 year olds who have experienced domestic abuse	Therapeutic groups for young people in abusive relationships or have experienced parental domestic abuse	www.riseuk.org.uk/get-help/about-domestic-abuse/young-people
Schools Mental Health Service	Under 25s with mental health needs	1:1 and group support based in schools	www.brighton-hove.gov.uk/special-educational-needs-and-disabilities/schools-mental-health-service
Survivors Network	Under 18s who have experienced sexual abuse	1:1 and group therapeutic support including what to expect from the police process	survivorsnetwork.org.uk/get-help/children-young-people
Winstons Wish	Under 18s bereaved by suicide	1:1 therapeutic support	https://www.esscp.org.uk/sussex-wide-suicide-bereavement-support/
Young Oasis	5-18 year olds whose parents struggle with alcohol and/or drugs	Therapeutic support and school holiday activities	https://www.oasisproject.org.uk/young-oasis/

Open-access services for urgent crisis support

Organisation	Who do they support?	What services do they offer?	Find out more...
A&E	All ages	24/7 support for anyone thinking about suicide or is at immediate risk of harm	Call 999 or go to A&E
Child & Adolescent Mental Health Services	Under 18s	Local crisis phone support from Duty Clinician - you do not need to be referred to CAMHS to call	Call 0300 304 0061 (Monday to Friday 9am to 5pm)
Grassroots Suicide Prevention	All ages	Resources if you or someone else is feeling suicidal including an app (Stay Alive)	prevent-suicide.org.uk/ youth-suicide-prevention-hub
NHS	All ages	A list of national services for anyone with suicidal thoughts	www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/
Samaritans	All ages	24/7 national helpline for anyone struggling with their mental health	Call 116 123
Sussex Mental Health Line	All ages	24/7 local helpline for anyone in urgent need of mental health support	Call 111 and select the mental health option
Text SUSSEX to 85258	All ages	24/7 text message crisis support with mental health professionals	www.sussexpartnership.nhs.uk/your-mental-health/getting-help/text-sussex-85258