



## Greenfield Federations Directory of well-being and Mental Health Support

### Support available locally (West Sussex)

Allsorts	Information and support for young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.	<a href="https://www.allsortsyouth.org.uk/">https://www.allsortsyouth.org.uk/</a>
Angling for Education	Angling4Education delivers a range of youth interventions designed to engage, inspire, support and educate	<a href="https://www.angling4education.com/">https://www.angling4education.com/</a>
Aspens (Autism Sussex)	A charity enabling people with an autistic spectrum condition to receive help and specialist support.	<a href="https://www.aspens.org.uk/">https://www.aspens.org.uk/</a>
Early Help	Early Help offers support to parents and carers who have worries or concerns about their child.	<a href="https://westsussex.local-offer.org/services/671-early-help">https://westsussex.local-offer.org/services/671-early-help</a>
Emotionally Based School Avoidance resources	Resources to support emotionally based school avoidance	<a href="https://schools.westsussex.gov.uk/Page/10483">https://schools.westsussex.gov.uk/Page/10483</a>
Family Eating Disorders Service (FEDS)	Support for children, young people and families affected by an eating disorder.	<a href="https://www.sussexpartnership.nhs.uk/eatingdisorder">https://www.sussexpartnership.nhs.uk/eatingdisorder</a>
Reaching Families	A parent-led charity which aims to empower, inform and support parents and families of children and young people with special educational needs and disabilities in West Sussex	<a href="https://www.reachingfamilies.org.uk/">https://www.reachingfamilies.org.uk/</a>
Sussex Mental Healthline	Offers crisis care for people in urgent need of help with their mental health. It is available 24 hours a day, seven days a week	<a href="https://www.sussexpartnership.nhs.uk/sussex-mental-healthline">https://www.sussexpartnership.nhs.uk/sussex-mental-healthline</a>
Sussex Oakleaf - Be OK	A free mental health service for people aged 16-25 living in Crawley, Horsham and Mid Sussex.	<a href="https://amhp.org.uk/member/sussex-oakleaf/">https://amhp.org.uk/member/sussex-oakleaf/</a>

Time to talk	Talking therapy which allows you to self-refer	<a href="https://www.sussexcommunity.nhs.uk/services/time-to-talk-talking-therapies-services-in-west-sussex/109066">https://www.sussexcommunity.nhs.uk/services/time-to-talk-talking-therapies-services-in-west-sussex/109066</a>
The Saturn Centre (SARC)	A sexual assault referral centre providing a range of services to people of all genders who have been raped or sexually assaulted.	<a href="https://www.saturncentre.org/">https://www.saturncentre.org/</a>
Young Carers	Young carers supports children and 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.	<a href="https://www.westsussex.gov.uk/education-children-and-families/young-carers/">https://www.westsussex.gov.uk/education-children-and-families/young-carers/</a>
Your GP	Your GP is a good person to talk to if you are struggling with your emotional wellbeing. They are also able to refer you directly to the Youth Emotional Support Service (YES) and the Child and Adolescent Mental Health Service (CAMHS)	Please contact your local GP surgery for more information

## **Support available nationally**

Beat (formerly Eating Disorders Association)	The UK's leading eating disorder charity with online support groups and a helpline for anyone under 18	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
CAMHS	Child and Adolescent Mental Health Service	<a href="https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/">https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/</a>
CGL (Change, Grow, Live)	A free and confidential drug and alcohol service for young people aged up to 25.	<a href="https://www.changegrowlive.org/">https://www.changegrowlive.org/</a>
Childline	Comforts, advises and protects children 24 hours a day and offers free confidential counselling.	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>

Get Britain Talking Campaign	Get Britain talking is a campaign supported by Mind and YoungMinds to encourage people to look after their mental health	<a href="https://itv.campaignformentalwellness.com/">https://itv.campaignformentalwellness.com/</a>
LifeCentre	A charity supporting survivors of rape and sexual abuse of all ages.	<a href="https://lifecentre.uk.com/">https://lifecentre.uk.com/</a>
Mind	An independent mental health charity providing information and support to anyone experiencing mental health issues, plus Autism & Attention Deficit Hyperactivity Disorder (ADHD) training courses for parents and carers.	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>
On My Mind	On My Mind aims to empower young people to make informed choices about their mental health and wellbeing	<a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Place 2 Be	Place 2 Be is a children's mental health charity	<a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a>
Samaritans	A 24-hour confidential listening and support service.	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Winston's Wish Bereavement Support	Counselling for children, young people and families who have experienced bereavement in their direct family.	<a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a>
Young Minds	A leading UK charity providing resource booklets, self-help guides, service directory and a parent and carers helpline.	<a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>