

HELP IS AT HAND

Find the Support you need

<p>ALLSORTS WEST SUSSEX</p> <p>Lesbian Gay, Bisexual, Trans or questioning gender or sexual orientation (LGBTQ) Supportive youth groups, 1:1 support</p>	<p>www.allsortsyouth.org.uk/westsussexyouth@allsortswest.org.uk 07771 895343 01273 721211</p>
<p>CALM</p> <p>The Campaign Against Living Miserably. Support for young men in crisis, particularly if considering self-harm. Helpline 5 pm - midnight, 365 days year; range of online resources.</p>	<p>https://www.thecalmzone.net/ 0800 58 58 58</p>
<p>CHILDLINE</p> <p>Confidential advice and counselling service for young people up to the age of 19. Call free, talk to a counsellor online, email, or post on the message boards.</p>	<p>https://www.childline.org.uk Call free: 0800 1111</p>
<p>CRISIS MESSENGER</p> <p>YoungMinds Crisis Messenger text service provides free 24/7 confidential mental health support from trained volunteers, & clinical supervisors; range of online resources.</p>	<p>Text YM to 85258 www.youngminds.org.uk</p>
<p>KOOTH</p> <p>The Kooth team are here to provide free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals who want to help you.</p>	<p>https://www.kooth.com/</p>
<p>MIND</p> <p>Mental health charity, support by phone or online for a range of issues.</p>	<p>Local Call (office hours) 01903 277000 info@coastalwestsussexmind.org http://www.coastalwestsussexmind.org</p> <p>National Call 0300 123 3393 Text 86463 www.mind.org.uk</p>
<p>NO PANIC</p> <p>Help with anxiety, panic, phobias and mental health issues. Phone helpline, 1 to 1 mentoring, and email recovery programme.</p>	<p>Call 0330 606 1174 www.nopanic.org.uk/youth-helpline-services</p>
<p>Pathfinder West Sussex</p> <p>If you are looking for advice, information and services to support your mental health and wellbeing or supporting someone else.</p>	<p>www.pathfinderwestsussex.org.uk</p>

<p style="text-align: center;">SAMARITANS</p> <p>24/7 365 days a year, free, confidential, non-judgmental phone and online support for those in crisis.</p>	<p>Call 116 123 jo@samaritans.org (24 hour response time)</p>
<p style="text-align: center;">SIXTH FORM</p> <p>Confidential pastoral support and mentoring including information about access to school counselling service.</p>	<p>Ehughes1 @theangmeringschool.co.uk</p>
<p style="text-align: center;">STUDENT MINDS</p> <p>Student Minds is the UK's student mental health charity. We empower students and members of the university community to look after their own mental health, support others and create change. Together we will transform the state of student mental health so that all in higher education can thrive. Find out more about what we do.</p>	<p>https://www.studentminds.org.uk</p> <p>Email info@studentminds.org.uk</p> <p>Phone 0113 343 8440 (please leave a voicemail with your name and contact number)</p>
<p style="text-align: center;">THE MIX</p> <p>Free confidential support via online, social & mobile for under 25s. Crisis Messenger also available through the website (as above); 1 to 1 chat; range of resources inc sex & relationships, mental health, work & study, drink & drugs.</p>	<p>Text THEMIX to 85258 Call: 0808 808 4994 www.themix.org.uk</p>
<p style="text-align: center;">THE SATURN CENTRE</p> <p>The Saturn Centre Sexual Assault Referral Centre (SARC) offers free support and practical help to anyone in Sussex who has experienced sexual violence and/or sexual abuse. If you would like to speak to someone, we are available on weekdays from 9am-5pm on 012793 600469.</p>	<p>https://www.saturncentre.org/ 012793 600469</p>

