

Counselling Services:

For a listing of Private Counsellors, go to www.counsellingdirectory.org.uk and make sure you type 'young people' in inverted commas into the keyword search.

YPC (Young Peoples Centre)

Counselling support, drop-in café and much more.

Address: Young People's Centre, 69 Ship Street, Brighton BN1 1AE

T: 01273 887886 Text: 07704 273888

E: ginny.roads@impact-initiatives.org.uk or ypc@impact-initiatives.org.uk

Web: <http://youngpeoplescentre.org.uk/>

Sussex Central YMCA Counselling at 65, Blatchington Road, Hove

Brighton & Hove Counselling Service for 13 – 25 year olds:

T: 07793 438198

E: counsellingat65@ymcadlg.org

Survivors network sexual assault / abuse/ unwanted sexual contact (14+)

W: <http://www.survivorsnetwork.org.uk/content/counselling>

Online counselling for Brighton and Hove young people

W: <https://www.e-motionbh.org.uk/>

Counselling in Whitehawk and East Brighton

T 07734 791196

E: Rhian.gower@ymcadlg.org

OASIS

For children affected by a family member's substance misuse

T: 01273 696970

E: info@brightonoasisproject.co.uk

RISE

For children and families affected by domestic abuse

T: 01273 622822

Ru-ok?

For free and confidential advice and support in relation to alcohol and drug use.

Address: ru-ok?, South Wing, 1 Regency Road, Brighton, BN1 2RU (West Street end of Regency Road)

Tel: 01273 293966 <http://www.ruokservice.co.uk/>

e-mail: ru-ok@brighton-hove.gov.uk

Morley Street CASH Service

Free and confidential, and provides counselling for people who wish to discuss sexual-health related issues

T: 01273 242091

E: Jane.rimmington@nhs.net

RIGHT HERE

FREE activities, volunteering and advice for parents

Phone : 01273 222562 Text : 07834 480725

www.right-here-brightonandhove.org.uk

ALL SORTS

Support for young people who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

Address: YPC, 69 Ship Street, Brighton, BN1 1AE. Phone: 01273 721211

Email: youth@allsortsyouth.org.uk www.allsortsyouth.org.uk

Also for parent support, ALLSORTS hold monthly groups – contact: parents@allsortsyouth.org.uk

Beating Eating Disorders www.b-eat.co.uk

Help for young people: The Beat Youth line is open to anyone under 25.

Youthline: 0345 634 7650 Email: fyp@b-eat.co.uk

Text: 07786 20 18 20. If you would like a call back, send us the text message 'call back'. We aim to get back to you within 24 hours and during Youthline open hours.

Cruse Bereavement <http://www.cruse.org.uk/>

Tel: Helpline - 0844 477 9400

Address: 113 Queens Rd, Brighton BN1 3XG Phone: 01273 234007

ONLINE SUPPORT

Papyrus www.papyrus-uk.org

Prevention of young suicide

Call: 0800 068 41 41

Email: pat@papyrus-uk.org

SMS: 07786 209697

HopeLine UK - 0800 068 4141 - Confidential support and advice for young people, or anyone concerned about a young person at risk of self-harm.

National Self-Harm Network

www.nshn.co.uk

GET SELF HELP - website for information and helpful strategies on various issues, including stress, anxiety, anger, depression. www.getselfhelp.co.uk

MINDED.ORG.UK - information about children's and young people's mental health, how to understand what might be going on for them and how to support them.

www.minded.org.uk

Young Minds - www.youngminds.org.uk

Information for young People and Parents

Parent Helpline: 0808 802 5544 (free for mobiles and landlines).

http://www.youngminds.org.uk/for_children_young_people/youngminds_vs

Join the online campaign – Talk about school stress, bullying, sexual pressure, unemployment, etc.

Online self-help resources:

<http://www.moodjuice.scot.nhs.uk/>

<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Yourchildatschoolhome.aspx>

Great articles for parents and schools: <http://www.heysigmund.com/>

Need to talk?

If you're struggling with how you feel and need to talk, these organisations are there to listen. Don't suffer in silence - pick up the phone, drop them a line or visit their websites.

ChildLine

■ Freephone 0800 1111 (24 hours)

■ www.childline.org.uk | online chat | message boards

Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

NO PANIC Youth Helpline is a confidential helpline for those aged between 13 and 20 years old which aims to help young people with anxiety, panic, phobias, obsessive compulsive disorder and the specific anxieties that young people experience.

T: 01753 840393

W: <http://www.nopanic.org.uk/youth-helpline/>

Get Connected

■ Freephone 0808 808 4994 (7 days a week 1pm-11pm)

■ www.getconnected.org.uk

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

HeadMeds

■ www.headmeds.org.uk

Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.

Samaritans

■ Tel: 08457 90 90 90 (24 hrs 7 days a week)

■ www.samaritans.org

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

FRANK

■ Freephone 0800 77 66 00 (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers)

■ www.talktofrank.com

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

TheSite.org

TheSite.org is an online guide to life for 16 to 25 year-olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs.

Youth Access

■ Visit www.youthaccess.org.uk

to search their directory of services for help in your area.

■ Signposting service: 0208 772 9900 (Mon – Fri from 9am-1pm & 2-5pm)

A national membership organisation for youth information, advice and counselling agencies. Provides information on youth agencies to children aged 11-25 and their carers but does not provide direct advice.

Children's legal centre

■ Child Law Advice Line 08088 020 008 (freephone)

■ www.lawstuff.org.uk

The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.

For Out of Hours Support

Call 111 – if you need out-of-hours medical help.

Childline - 0800 1111 - get help and advice about a wide range of issues, talk to a counsellor on the phone or online (text), send an email or post on the message boards. www.childline.org.uk

Sussex Mental Health Line – 0300500101 – for support and advice about concerns about your own or someone else's emotional wellbeing (5pm to 9am and 24hours at weekends and holidays)

Families:

- **Dialogue Therapeutic and Family services**

Reed House, 47 Church Road, Hove BN3 2BE

T 01273 222566

E admindialogue@ymcadlg.org

Our counselling service contacts are:

- **Families Plus**

65 Blatchington Road, Hove BN3 3YJ

T 01273 222553

E dialogue@ymcadlg.org

- **Community Counselling** (West Sussex Counselling Service for 12 – 25 year olds):

T 07739 893707

E community.counselling@ymcadlg.org

Mindfulness...Yoga, etc.

<http://funkyoga.co.uk/news-and-classes>