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Heading	Organisation Name	Information	Website
Advice for YP	Find It Out centres	Drop in-centres offering information, advice and guidance to young people aged 13-25.	https://www.westsussex.gov.uk/education-children-and-families/your-space/places-to-go/finditout-centres/mid-sussex-finditout-centre/
ADVICE professionals YP	CHML West Sussex, Community mental health liaison service (CMHL)	The service operates Monday-Friday, 9-6pm and a Professionals Access Point will be in operation between the hours of 12-5pm, Monday-Friday for professionals to call or email when seeking advice about a young person's mental health.	https://www.sussexpartnership.nhs.uk/west-sussex-cmhl-service
Advocacy	Mind Advocacy	Advocacy service for young people aged 11-18 in West Sussex area who are in the community or who are informal inpatients.	https://www.mind.org.uk/information-support/guides-to-support-and-services/advocacy/what-is-advocacy/
Autism	Aspens (Autism Sussex)	A charity enabling people with an autistic spectrum condition to receive help and specialist support.	https://www.aspens.org.uk/
Bereavement	Cruse, West Sussex	Provide free bereavement support on a one-to-one basis to anyone (including children) bereaved by death in West Sussex.	https://www.cruse.org.uk/get-help/local-services/south/west-sussex
Bereavement	Winston's Wish Bereavement Support East Sussex and West Sussex	Counselling for children, young people and families who have experienced bereavement in their direct family.	https://www.winstonswish.org/
Child Protection	Childline	Comforts, advises and protects children 24 hours a day and offers free confidential counselling.	https://www.childline.org.uk/
Confidential support	Samaritans	A 24-hour confidential listening and support service.	https://www.samaritans.org/
Counselling YP	e-wellbeing (YMCA Dialogue)	A free and confidential counselling service for young people aged 11-18 in West Sussex.	https://www.ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/community-based-counselling-services/
Counselling YP	Relate, West Sussex	Relationship Counselling, Sex Therapy, Children and Young People's Counselling, Family Counselling	https://www.relate.org.uk/sussex

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Domestic Abuse	WORTH domestic abuse	WORTH Services have teams of Domestic Violence Advisors across West Sussex available 5 days a week (Monday-Friday)	https://www.westsussex.gov.uk/media/11152/worth_services.pdf
Drug and Alcohol	(Change, Grow, Live) Drug and Alcohol Wellbeing Network - West Sussex	CGL (Change, Grow, Live - Under 25s and Family Team) A free and confidential drug and alcohol service for young people aged up to 25. The service includes housing, education, training and employment as well as psycho-social and clinical substance misuse treatment. https://www.changegrowlive.org/drug-alcohol-wellbeing-network-west-sussex/north	https://www.changegrowlive.org/
Eating Disorder	B-eat	The UK's leading eating disorder charity with online support groups and a helpline for anyone under 18.	https://www.beateatingdisorders.org.uk/
Eating Disorder	Family Eating Disorders Service (FEDS)	Support for children, young people and families affected by an eating disorder.	https://www.sussexpartnership.nhs.uk/eatingdisorder
Female Genital Mutilation	NSPCC FGM Helpline	Female genital mutilation is illegal. We've got advice to help you keep children and young people safe.	https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/
Free advice YP Mental Health	Sussex Oakleaf - Be OK, West Sussex	A free mental health service for people aged 16-25 living in Crawley, Horsham and Mid Sussex.	https://www.sussexoakleaf.org.uk/be-ok/
GP	Your GP	Often 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 and the Child and Adolescent Mental Health Service (CAMHS).	
GP referral	Doc Ready	We know it can be difficult to talk about mental health and especially hard to talk to people or ask for help. We've put together some tools that will help you prepare for the first time you visit a doctor to discuss your mental health.	https://www.docready.org/#/home
LGBTQ+	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	https://www.allsortsyouth.org.uk/westsussex

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		identity. Advocacy service to provide representation also available.	
MASH urgent referral / safeguarding	Multi-Agency Sharing Hub (MASH) West Sussex	MASH is the single point of contact for all safeguarding concerns regarding children and young people in West Sussex, and includes front door access for Early Help. Age Range: 0–18. Raise a concern about a child How to raise a concern about the welfare of a child if you think they are being harmed, abused or neglected.	https://www.westsussex.gov.uk/education-children-and-families/keeping-children-safe/raise-a-concern-about-a-child/
Mental Health	Coastal 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.	https://www.westsussexmind.org/
Mental Health NHS	Early Intervention Psychosis Service	Treatment for psychosis, a condition which affects a person's mind, changing the way they think, feel and behave, unable to tell the difference between reality and their imagination.	https://www.sussexpartnership.nhs.uk/early-intervention-psychosis
Mental Health Urgent Help Crisis	Sussex Mental Healthline - West Sussex	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.	https://www.sussexpartnership.nhs.uk/urgent-help-crisis
miscarriage	miscarriage association	If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, we hope this website will provide the information that you're looking for.	https://www.miscarriageassociation.org.uk/
miscarriage	The Oasis Crisis Pregnancy Centre, Horsham, West Sussex	The Oasis Advisory Service offers support for unintended pregnancy and pregnancy loss (post-abortion, miscarriage and stillbirth) to women, couples and other family members in a confidential and non-directional environment.	https://www.pregnancychoicesdirectory.com/centres/horsham
Rape and Sexual Abuse	LifeCentre -	A charity supporting survivors of rape and sexual abuse of all ages.	https://lifecentre.uk.com/

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Self Help	Find, Get, Give	A national website that supports young people, parents and carers and professionals. Access to self-help tools, resources, guides, blogs and a service directory of national mental health services.	https://findgetgive.com/
Self Help	On My Mind (Anna Freud Centre)	Self care strategies if you are feeling low or anxious, and a wellbeing directory.	
Self Help	Young Minds National	A leading UK charity providing resource booklets, self-help guides, service directory and a parent and carers helpline.	https://youngminds.org.uk/
Sexual Assault Referral Centre	The Saturn Centre (SARC) West Sussex	Crawley. A sexual assault referral centre providing a range of services to people of all genders who have been raped or sexually assaulted. It is open for police referrals across Sussex 24/7.	https://www.saturncentre.org/
Sexual Health	Sexual Health West Sussex (Our walk in and wait clinics remain closed for the foreseeable future).	Our services are free and confidential and available to everyone regardless of where you live; your age; sexual behaviour or orientation. You can attend any of our clinics which offer a range of services including: Sexual health and well being, Testing and treatment of sexually transmitted infections (STIs), Contraception and emergency contraception, Free condoms provided, HIV/AIDS advice; testing and treatment, Psychosexual counselling	https://www.sexualhealthwestsussex.nhs.uk/
Support YP	YES, West Sussex	Youth Emotional Support (YES) service, Youth Emotional Support (YES) is a free service for young people aged 11-18 looking for support with their well-being. (Note: We must receive the referral before the young person turns 18.) referral by GP, school and social services yes@westsussex.gov.uk, Tel:033 022 26711	https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/#contact-us

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Urgent clinical referrals	Urgent clinical referrals: Mid sussex 24 hours	<p>If you are a healthcare professional and need to speak to someone urgently, or outside of business hours, you may find one of the following telephone numbers helpful.</p> <p>Urgent clinical referrals: 24 hours, Mid Sussex: 8am to 6pm 01444 475949 and 6pm to 8am 01444 441881 - please ask for the senior nurse practitioner, Mid Sussex, Urgent referrals by phone only: 01444 475949 (4 hour and 5 day urgent referral response line). Routine referrals: 01444 416606 or email: SPNT.MidSussexATCreferrals@nhs.net (response within 28 days needed).</p>	
Young Carers	Young Carers Support, West Sussex	West Sussex Young Carers supports young carers under 18 with information, support, advice and signposting.	https://www.westsussex.gov.uk/education-children-and-families/young-carers/#what-does-being-a-young-carer-mean_tab
Young Carers	Young Carers, National	Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Our vision is that unpaid carers count and can access the help they need to live their life	https://carers.org/