

Crisis Services and support available in Brighton and Hove

Note: some of these numbers might be for the whole of England and the UK, find out what services are available in your area.

Many of these services were gathered from <https://www.mindcharity.co.uk/crisis-services/>

If you are feeling suicidal or in crisis, do talk to somebody about how you are feeling. Talk to somebody that you trust or contact your GP or one of the services listed below.

Service name and number	Who they are
<p>For urgent help in a crisis, find a list of services in this sussex partnership trust link (some are on the right hand side)</p> <p>https://www.sussexpartnership.nhs.uk/urgent-help-crisis</p> <p>The same and other services are found in this table:</p>	<p>Is your situation life threatening or have you seriously harmed yourself?</p> <p>You can go to any hospital A&E department and ask for help. If you need an ambulance, call 999.</p> <p>Are you at immediate risk of harming yourself or others?</p> <p>You can access the Mental Health Rapid Response Service which can provide 24/7 support by calling 0300 304 0078.</p> <p>Are you feeling distressed or experiencing suicidal feelings but not at immediate risk of harming yourself or others?</p> <p>If you are already receiving support from Sussex Partnership mental health service you should have a care plan and crisis card which will have details of who to contact in a crisis.</p> <p>You can also contact:</p> <p>The Samaritans - Tel: 116 123 They are there to listen.</p> <p>SANeline - Tel: 0300 304 7000 They are there to offer emotional support from 16:30 - 22:30.</p> <p>The Silver Line - Tel: 0800 470 8090 If you're an older person (over the age of 55), The Silver Line provides information, support and friendship 24/7.</p> <p>CALM - Tel: 0800 58 58 58 If you're a man experiencing distressing thoughts and feelings, open 17:00-00:00, 365 days a year.</p>

	<p>Nightline If you are a student, you can look at the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.</p> <p>Switchboard, the LGBT+ helpline - Tel: 0300 330 0630 If you identify as gay, lesbian, bisexual or transgender. Switchboard is open from 10:00 – 23:00 365 days a year. Phone operators all identify as LGBT+.</p> <p>HOPELineUK - Tel: 0800 068 41 41 or Text: 07786 209697 If you are under 35 years old and thinking about suicide or you are concerned about a young person and suicide. They are open 10:00 - 22:00 weekdays, and 14:00 - 22:00 at weekends and 14:00 - 22:00 on Bank Holidays.</p> <p>Sussex Mental Healthline - Tel: 0300 5000 101 Is there to offer support and information, from 5pm - 9am.</p> <p>Do you need medical help or advice fast, but is not an emergency? You can call NHS 111 - Tel: 111 Or contact your GP and make an appointment as soon as possible.</p>
<p>Mental Health Rapid Response Service (MHRRS)</p> <p>0300 304 0078</p>	<p>The Mental Health Rapid Response Service [MHRRS] is a rapid assessment service for patients suffering from mental health problems who are at risk and may not be able to keep themselves safe, or are considering attending A+E for help with their mental health.</p> <p>MHRRS is available 24 hours a day, seven days a week, and health professionals, carers or patients can ring for advice. The service assesses patients, and refers them on for further support from other mental health teams where necessary.</p> <p>From 9am-5pm Monday to Friday patients who are already under the care of the Assessment and Treatment Service should ring their care coordinator if they need urgent support. GP services can also assess people with mental health</p>

	difficulties, and can refer for further support where it is needed.
The Samaritans 116 123	<p>This number is free from both landlines and mobiles.</p> <p>If you prefer, you can contact Samaritans local branch number on: 01273 772277 – you will be charged at a local number rate.</p> <p>24 Hour Confidential emotional support for anyone in a crisis.</p> <p>Can also email jo@samaritans.org, text 07725 909090 or drop-in 10 am – 10 pm at Dubarry House, Newtown Road (near Hove Park Villas) Hove, BN3 6AE.</p>
Sussex Mental Healthline 0300 5000 101	Helpline for anyone in Sussex with a concern related to mental health staffed by trained mental health workers. Open 5pm – 9 am Monday to Friday and 24 hours at weekends and bank holidays.
Suicide Safer Brighton & Hove Pocket Resource	<p>A resource containing information and contact details of organisations to help support anyone feeling suicidal as well as looking at keeping yourself safe.</p> <p>Download a copy here »</p>
C.A.L.M Helpline 0800 585858	<p>National Helpline aimed at men in crisis open 7 days a week, 5pm to midnight.</p> <p>Website http://www.thecalmzone.net/</p>
Access Point: Emergency Duty Service 01273 295555	Service provided by Brighton and Hove City Council Social Services for emergencies outside office hours.
Rethink Survivors of Suicide 01273 70 90 60	One-to-one, group and telephone support for people experiencing suicidal thoughts, have recently attempted suicide, a family

<p>email: brightonandhovesos@rethink.org</p>	<p>member or friend of someone going through this or someone bereaved by suicide.</p> <p>More information can be found on their website</p>
<p>The Maytree Sanctuary</p> <p>020 72637070</p>	<p>A refuge for people in extreme suicidal distress offering a short stay in residential accommodation.</p> <p>http://www.maytree.org.uk/</p>
<p>Online Self-Help</p> <p>Suicide: Read this first – Conversations and writing for people considering suicide.</p>	<p>http://www.metanoia.org/suicide/spagebw.htm</p> <p>National Mind booklets How to Cope with Suicidal feelings and Suicide</p> <p>– Supporting someone else</p>
<p>Sussex Mental Healthline: for telephone support and information.</p> <p>0300 5000 101</p> <p>https://www.sussexpartnership.nhs.uk/sussex-mental-healthline</p>	<p>Available Monday to Friday 5pm to 9am, and 24 hours at weekends and Bank Holidays in East Sussex and Brighton and Hove. Available 24 hours, seven days a week in West Sussex.</p> <p>We welcome Text Relay calls and New Generation Text calls from hearing and speech impaired callers, on 0300 5000 101. You can find out more about New Generation Text here: http://ngts.org.uk/</p> <p>The Sussex Mental Healthline is a telephone service offering support and information to anyone experiencing mental health problems including stress, anxiety and depression. The service is also available to carers and healthcare professionals. You do not need an appointment.</p> <p>We are a service available to anyone concerned about their own mental health or that of a relative or friend</p>

<p>Brighton and Hove Wellbeing Centre</p> <p><u>0300 002 0060 (Local rate)</u></p> <p>bics.brighton-and-hove-wellbeing@nhs.net</p>	<p>We all experience low points at times in our lives, and it's not unusual to feel sad, anxious, stressed or low in mood. We are a free NHS service supporting people from age 4 years upward in Brighton & Hove.</p>
<p>Brighton and Hove City Council Mental Health and Wellbeing Website</p>	<p>https://www.brighton-hove.gov.uk/content/health/mental-health-and-wellbeing</p>
<p>Students against depression</p> <p>Sometimes the World Can Overwhelm Us...</p> <p>Students Against Depression provides you with a calm environment and the resources to help you find a way forward</p>	<p>https://www.studentsagainstdepression.org/</p> <p>Trust: 16a High Street, Thatcham, Berkshire, RG19 3JD Tel/fax: 01635 869754 Email: admin@cwmt.org</p>

Crisis resolution and home treatment teams in Sussex and Hampshire

(Taken from <https://www.sussexpartnership.nhs.uk>)

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Department of Psychiatry

Kings Drive, Eastbourne, East Sussex, BN21 2UD

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Meadowfield Hospital

Arundel Road, Worthing, West Sussex, BN13 3EF

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Brunswick Ward

Brunswick Ward First Floor Mill View Hospital, Hove, East Sussex, BN3 7HZ

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Oaklands Centre for Acute Care

Graylingwell Drive, Chichester, West Sussex, PO19 6UW

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Woodlands

Conquest Hospital, The Ridge, St Leonards On Sea, East Sussex, TN37 7PT

Aldrington Centre

35 New Church Road, Hove, East Sussex, BN3 4AG

•
Amberstone

Carters Corner, Hailsham, East Sussex, BN27 4HU

•
Avenida Lodge

3 Upper Avenue, Eastbourne, East Sussex, BN21 3UY

•
Battle Health Centre

Battle Health Centre, Battle, East Sussex, TN33 0DF

•
Beechwood Unit

Uckfield Hospital, Level 1, Framfield Road, Uckfield, East Sussex, TN22 5AW

•
Bellbrook Centre

Bell Lane, Uckfield, East Sussex, TN22 1QL

•
Bexhill Health Centre

Holliers Hill, Bexhill-On-Sea, East Sussex, TN40 2DZ

•
Braybrooke House

9 and 9a Holmesdale Gardens, Hastings, East Sussex, TN34 1LY

•
Cavendish House

Cavendish House, Breeds Place, Hastings, East Sussex, TN34 3AA

•
Crowborough Hospital (Grove House)

Grove House, The Grove, Crowborough, East Sussex, TN6 1NY

•
Department of Psychiatry

Kings Drive, Eastbourne, East Sussex, BN21 2UD

•
Dove Ward

Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH

•
Eastbourne Police Station

Hammonds Drive, Eastbourne, East Sussex, BN23 6PW

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Glebelands Mental Health Centre

(WSSC Building) Glebelands Day Centre Middle Road, Shoreham by Sea, East Sussex, BN43 6GA

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Hellingly Centre

Hellingly Centre, The Drive, Hellingly, East Sussex, BN27 4ER

•
Highmore

Western Road, Hailsham, East Sussex, BN27 3DY

•
Hillrise

Church Hill, Newhaven, East Sussex, BN9 9HH

•
HMP Lewes

HMP Lewes, 1 Brighton Road, Lewes, East Sussex, BN7 1EA

•
Horder Healthcare Seaford

Sutton Road, Seaford, East Sussex, BN25 1SS

•
i-Rock drop in for young people

Rock House 49-51 Cambridge Road, Hastings, East Sussex, TN34 1DT

•
Lift House

6 St Leonards Road, Eastbourne, East Sussex, BN21 3UH

•
Mayfield Court

Mayfield Court, 4 Lewes Road, Eastbourne, East Sussex, BN21 2BZ

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Millwood Unit

Millwood Clinic, Uckfield Community Hospital, Uckfield, East Sussex, TN22 5AW

•
Orchard house

Victoria Hospital Site, Nevill Road, Lewes, East Sussex, BN7 1PF

•
PDCA - Partnership Domiciliary Care Agency

Avenida Lodge, 3 Upper Avenue, Eastbourne, East Sussex, N/A

•
Peacehaven Health Centre

Meridian Way, Peacehaven, East Sussex, BN10 8NF

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Phoenix House 1 Regency Road

Phoenix House, 1 Regency Road, Brighton, East Sussex, BN1 2RU

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Southview Low Secure Unit

Southview, The Drive, Hellingly, East Sussex, BN27 4ER

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St Anne's Community Centre

729 The Ridge, St Leonards-on-Sea, East Sussex, TN37 7PT

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St Mary's House

52 St Leonards Road, Eastbourne, East Sussex, BN21 3UU

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The Firs, Community

The Firs, The Drive, Hellingly, East Sussex, BN27 4ER

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The Firs, Police and Court Liaison and Diversion Service

The Firs, The Drive, Hellingly, East Sussex, BN27 4ER

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Thrift House

Wellington Place, Hastings, East Sussex, TN34 1NY

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Uckfield Community Hospital

Framfield Road, Uckfield, East Sussex, TN22 5AW

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Woodlands

Conquest Hospital, The Ridge, St Leonards On Sea, East Sussex, TN37 7PT

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Woodside

The Drive, Hellingly, Hailsham, East Sussex, BN27 4ER

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Arun House

16 Liverpool Gardens, Worthing, West Sussex, BN11 1RY

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72 Stockbridge Road

72 Stockbridge Road, Chichester, West Sussex, PO19 8QJ

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78 Crawley Road

78 Crawley Road, Horsham, West Sussex, RH12 4HN

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Bluebell House

Royal George Road, Burgess Hill, West Sussex, RH15 9NZ

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Carters Lane House

41 Brunswick Road, Shoreham by Sea, West Sussex, BN43 5WA

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Centenary House

Centenary House, Durrington Lane, Worthing, West Sussex, BN13 2QB

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Chalkhill

Princess Royal Hospital Site, Lewes Road, Haywards Heath, West Sussex,, RH16 4NQ

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Chanctonbury Building

Swandean Arundel Road, Worthing, West Sussex, BN13 3EP

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Swandean

Swandean, Worthing, West Sussex, BN13 3EP

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Chapel Street Clinic

Chapel Street Clinic, Chichester, West Sussex, PO19 1BX

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Chichester Centre

Chichester Centre, Graylingwell Drive, Chichester, West Sussex, PO19 6GS

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Connolly House (including South Lodge)

South Lodge, Connolly Way, Chichester, West Sussex, PO19 6WD

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County Hall North

Community Learning Disability Team North County Hall North North Street, Horsham, West Sussex, RH12 1XH

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Crawley Hospital

West Green Drive, Crawley, West Sussex, RH11 7DH

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Durban House

Durban House, South Bersted Industrial Park, Durban Road, Bognor Regis, West Sussex, PO22 9RE

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Highdown

West Sussex LD Health Team, Highdown, Swandean, Arundel Road, Worthing, West Sussex, BN13 3EP

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HMP Ford

HMP Ford, Ford Road, Arundel, West Sussex, BN18 0BX

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Horsham Hospital - Iris Ward

Hurst Road, Horsham, West Sussex, RH12 2DR

•

Ifield Drive, Crawley

218 Ifield Drive, Ifield, Crawley, West Sussex, RH11 0EP

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Langley Green Hospital

Martyrs Avenue, Crawley, West Sussex, RH11 7EJ

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Linwood

Linwood, Butlers Green Road, Haywards Heath, West Sussex, RH16 4BE

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Meadowfield Hospital

Arundel Road, Worthing, West Sussex, BN13 3EF

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Midhurst

Midhurst Community Hospital, Dodsley Lane, Easebourne, Midhurst, West Sussex, GU29 9AW

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Brunswick Ward

Brunswick Ward First Floor Mill View Hospital, Hove, East Sussex, BN3 7HZ

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New Park House

North Street, Horsham, West Sussex, RH12 1RJ

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New Tyne Resource Centre

New Tyne Resource Centre, Durrington Lane, Durrington, West Sussex, BN13 2TF

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Oaklands Centre for Acute Care

Graylingwell Drive, Chichester, West Sussex, PO19 6UW

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Pepperville House

(WSSC Building) Pepperville House Fort Road, Littlehampton, West Sussex, BN17 7QU

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Princess Royal Hospital

Lewes Road, Haywards Heath, West Sussex, RH16 4EX

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Salvington Lodge (The Burrowes)

Salvington Hill, Worthing, West Sussex, BN13 3BW

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Selden Centre

Swandean, Arundel Road, Worthing, West Sussex, BN13 3EP

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Shepherd House, 129 Brighton Road

Shepherd House, 129 Brighton Road, Worthing, West Sussex, BN11 2ET

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Southdown

Swandean, Worthing, West Sussex, BN13 3EP

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Springvale

72-74 Moat Road, East Grinstead, West Sussex, RH19 3LH

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St Richards Hospital

Spitalfield Lane, Chichester, Chichester, West Sussex, PO19 6SE

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Swandean

Swandean, Worthing, West Sussex, BN13 3EP

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The Acre

29 Wordsworth Road, Worthing, West Sussex, BN11 3NJ

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The Bedale Centre

1 Glencathara Road, Bognor Regis, West Sussex, PO21 2SF

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The Harold Kidd Unit

Blomfield Drive, Chichester, West Sussex, PO19 6AU

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The Laurels

Sheepfold Avenue, Littlehampton, West Sussex, BN16 3SQ

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Worthing Hospital

Lyndhurst Road, Worthing, West Sussex, BN11 2DH

Advertiser House

24-32 London Street, Andover, Hampshire, SP10 2PE

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Aldershot Centre for Health

Hospital Hill, Aldershot, Hampshire, GU11 1AY

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Ashurst Child and Family Centre

Lyndhurst Road, Ashurst, Southampton, Hampshire, SO40 7AR

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Avalon House

Avalon House, Winchester, Hampshire, SO23 0HU

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Brambly's

Brambly's Drive, Basingstoke, Hampshire, RG21 8UN

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Oak Park Children's Services

8 Lavant Drive, Havant, Hampshire, PO9 2AW

•

Osborn Centre

Osborn Road, Fareham, Hampshire, PO16 7ES

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The Bridge Centre

The Bridge, 2C Newtown Road, Eastleigh, Hampshire, SO50 9DB