

Organisation	Contact number	Support available
Sussex Mental Health Line	0300 5000 101 (Urgent crisis support)	(Urgent Crisis Support) Phone support - specific support in relation to COVID-19 <b>0300 5000 101 then press 1</b>
Samaritans	0330 094 5717 local call charges apply or 116 123 free from any phone	Phone support
CALM Campaign Against living Miserably	5pm to Midnight 0800 585858 365 days a year. Webchat 5pm - midnight	Free, confidential helpline and webchat available 7 hours a day, 7 days a week for those who need to talk about life's problems. We support those bereaved by suicide via the Support After Suicide Partnership (SASP).
Richmond Fellowship	01403 241866 or e-mail <a href="mailto:pathfinder.horsham@richmondfellowship.org.uk">pathfinder.horsham@richmondfellowship.org.uk</a>	Phone support
Mind	<a href="mailto:info@mindcharity.co.uk">info@mindcharity.co.uk</a> ; 01273 66 69 50	Telephone/e-mail/video calls/virtual groups
Rethink	9:30am to 4pm Monday to Friday 0300 5000 927 Webchat from 10am - 1pm	Offers practical help on issues such as the Mental Health Act, community care, welfare benefits and carers rights. We also offer general help on living with mental illness.
Shout (National - text based)	Text 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer	For support in a crisis. Text based service run by trained volunteers
Young Minds (National Helpline)	Call the Parents Helpline: 0808 802 5544 Mon-Fri 9.30-4pm	Support for parents/ carers of those up to the age of 25
Anxiety UK	03444 775774	Online support groups and free webinars. Therapy cost at a reduced cost
B-eat (eating disorders)	0808 801 0677 - Mon - Fri 12-8pm	phone/webchat and online support groups
Papyrus (Prevention of Youth Suicide)	08000 <a href="mailto:684141/pat@papyrus-uk.org">684141/pat@papyrus-uk.org</a> is still providing support via texts/emails and calls as normal; hours are 9 am to 10 pm Mon-Fri, 2pm to 10pm at weekends and on Bank holidays. Support people up to the age of 35 who are having thoughts of suicide and anyone who is concerned for someone.	For: Children and Young People under the age of 35 who are experiencing thoughts of suicide and anyone concerned that a young person could be thinking about suicide. Anyone concerned that a young person could be thinking about suicide

CRUSE Bereavement Care	0808 8081677 / <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a> 9.30am to 5pm Mon-Fri (excluding Bank Holidays), with extended hours on Tuesday, Wednesday and Thursday evenings when we're open until 8pm.	Phone support
Sussex Oakleaf	01444 416391 / <a href="mailto:info@sussexoakleaf.org.uk">info@sussexoakleaf.org.uk</a>	1-1 phone support
Saneline (16 and over)	0300 304 7000 / <a href="mailto:support@sane.org.uk">support@sane.org.uk</a>	1-1 phone support specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers
<b>Useful Websites</b>		
Public Health One You	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>	Public Health England website to support the public with a range of mental health conditions
Mental Health and Wellbeing Government advice	<a href="https://bit.ly/2wnqcPh">https://bit.ly/2wnqcPh</a>	<b>Government guidance</b> <b>Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)</b> Lots of links here within this online document that is regularly updated.
<b>Local services</b>	<a href="https://www.pathfinderwestsussex.org.uk/">https://www.pathfinderwestsussex.org.uk/</a>	
<b>Other Services to consider</b>		
Gingerbread	<a href="https://www.gingerbread.org.uk/coronavirus/">https://www.gingerbread.org.uk/coronavirus/</a> (for lone parenting issues)	For single parents - lots of information on a wide range of issues, including benefits and tax credits, childcare, work, separation, housing and child maintenance.
Silverline	<a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a> 0800 4 70 80 90	The Silver Line is the only free confidential helpline providing information, friendship and advice to older people; open 24/7, 365 days a year.
<b>Pathfinder Suspended services</b>	1) Together In Mind 2) Capitol Project Trust	Both services are suspended due to the coronavirus lockdown