

03301 281113

Weekdays 9am - 8pm
Saturday 10am - 2pm

www.cgl.org.uk



Help for you in West Sussex



IN CRISIS RIGHT NOW?



Police / Ambulance Emergency

Do you need support right away? Does it feel like the situation could get heated or violent very soon? Is someone in immediate danger?

999

West

Central

East



Campaign Against Living Miserably (CALM)

Provoking conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and don't die by suicide.

www.thecalmzone.net

West

Central

East



National Suicide Prevention Helpline UK

A compassionate and understanding lifeline for those grappling with their mental well-being or thoughts of suicide.

0800 689 5652
Open 6pm - midnight

West

Central

East



Samaritans

Available, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

www.samaritans.org
116 123

West

Central

East



Sane Line

A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

0300 304 7000
Open 4pm - 10pm

West

Central

East



Shout

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text 'SHOUT' to 85258

West

Central

East



Staying Well in Worthing

An out-of-hours service offering an alternative for people who might otherwise go to A&E when this isn't the best place for them. You will need to pre-arrange your visit on the day.

sww@westsussexmind.org
01903 268107
Weekdays 5pm - 10.30pm
Weekends 12 noon - 10.30pm

West

Central

East



Sussex Mental Health Line

Offers crisis care for people in urgent need of help with their mental health. It is available 24/7












0800 0309 500

West



Central

East

RECOVERY FROM ADDICTION

	Alcohol Change	<i>Focusing on reducing alcohol harm, and working across the whole range of serious alcohol harms, from mental and physical to societal and economic. With a vision of a world with no serious alcohol harm.</i>	www.alcoholchange.org.uk	West	Central	East
	Alcoholics Anonymous	<i>Concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.</i>	www.alcoholics-anonymous.org.uk 8006177650	West	Central	East
	Breaking Free Online	<i>Confidential wellness and recovery support program for alcohol and drugs. Change Grow Live provides FREE access to the programme for every one of its service users and peer mentors.</i>	www.cgl.breakingfreeonline.com	West	Central	East
	Build on belief (BOB)	<i>An online community offering a jam-packed programme of fun-filled activities to support recovery.</i>	www.buildonbelief.org.uk	West	Central	East
	Cocaine Anonymous	<i>A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.</i>	www.cocaineanonymous.org.uk 08006120225	West	Central	East
	Drinkaware	<i>Learn more about your drinking and get all the tools, tips and advice to help you make a change.</i>	www.drinkaware.co.uk	West	Central	East
	In The Rooms	<i>A global online community offering a million people in recovery a place to meet and socialize when they're not in face-to-face meetings.</i>	www.intherooms.com	West	Central	East
	Narcotics Anonymous	<i>A community of people who support each other to achieve and maintain a drug free life.</i>	www.ukna.org 08009991212	West	Central	East
	SURF Groups	<i>Service User Recovery Forum is a range of daily Zoom groups to complement the 'Throughcare' programme.</i>	https://zoom.us/j/620274973 Meeting: ID 620 274 973 Passcode: Wsussex	West	Central	East
	Smart Recovery	<i>Promoting choice in recovery through a national network of mutual-aid meetings and online training to help participants develop a lifestyle that supports sustained recovery.</i>	www.smartrecovery.org.uk	West	Central	East
	Soberistas	<i>A worldwide community of friendly, non-judgmental people, all helping each other to stop drinking and stay sober.</i>	www.soberistas.com	West	Central	East

INFORMATION ABOUT SUBSTANCES

	KFx - Learning of Substance	<i>Providing drug education resources, training and other tools to help people who use drugs, people who work with drug users, and their families and friends.</i>	www.kfx.org.uk	West	Central	East
	Talk to Frank	<i>Find out everything you need to know about drugs, alcohol, their effects and the law. Talk to Frank for facts, support and advice.</i>	www.talktofrank.com	West	Central	East



MENTAL HEALTH SUPPORT

	Dual Diagnosis Anonymous	<i>A peer support/mutual aid fellowship that supports people with a combination of mental health and substance misuse issues.</i>	www.ddauk.org	West	Central	East
	Mind West Sussex	<i>An independent charity supporting people with their mental health, providing specialist training and campaigning to improve services and promote understanding.</i>	www.westsussexmind.org	West	Central	East
	Pathfinder West Sussex	<i>An alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health, physical health, and wellbeing.</i>	www.pathfinderwestsussex.org.uk	West	Central	East
	Sane	<i>A leading UK mental health charity improving quality of life for anyone affected by mental illness.</i>	www.sane.org.uk	West	Central	East

TALKING THERAPIES

	Arun Counselling Centre	<i>Offering counselling to any adult living in the Arun area assessed as being able to benefit from the process.</i>	www.aruncounselling.com	West		
	British Association for Counselling and Psychotherapy	<i>The professional association for members of the counselling professions in the UK. Includes national Register of Qualified Therapists.</i>	www.bacp.co.uk	West	Central	East
	Chichester Counselling Service	<i>A professional counselling service providing support to individuals</i>	www.ccs-counselling.org.uk 01243 789200	West		
	Horsham and Crawley Counselling Group	<i>Offering affordable counselling sessions for adults, children and young people in the Horsham & Crawley area and give you emotional support when you need it.</i>	www.hccounselling.org.uk		Central	
	Sussex Counselling Directory	<i>A directory of over 22,000 qualified counsellors across Sussex.</i>	www.counselling-directory.org.uk	West	Central	East
	West Sussex Talking Therapies	<i>If you are aged 18 and above and are registered with a GP in West Sussex, you can use NHS West Sussex Talking Therapies.</i>	Littlehampton 01903 703540 Arundel, Bognor, Chichester 01273 265967 Crawley, Horsham, Mid-Sussex 01403 620434	West	Central	East

BEREAVEMENT

	Cruse	<i>Helping people through one of the most painful times in life – with bereavement support, information and campaigning.</i>	www.cruse.org.uk 08088081677	West	Central	East
	Survivors of Bereavement by Suicide	<i>Offering peer-led support to adults impacted by suicide loss. Helping individuals support each other, at the time of their loss and in the months and years that follow.</i>	www.uksobs.org 03001 115065	West	Central	East

CRIME & DOMESTIC ABUSE

	Police Emergency	<i>Do you need support right away? Does it feel like the situation could get heated or violent very soon? Is someone in immediate danger?</i>	999	West	Central	East
	Daisy Chain Project (The)	<i>A charity that aims to help fight domestic violence by providing free legal advice.</i>	www.thedaisychainproject.com	West	Central	East
	Galop	<i>Supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.</i>	www.galop.org.uk 0800 9995428	West	Central	East
	Lifecentre	<i>A charity offering support to people of all ages, genders and backgrounds who have had an unwanted sexual experience.</i>	www.lifecentre.uk.com	West	Central	East
	ManKind Initiative	<i>Offering help to male victims of domestic abuse and to other organisations and practitioners who offer similar support.</i>	www.mankind.org.uk	West	Central	East
	Modern Slavery	<i>Provides safehouses and support in the community for survivors of trafficking and modern slavery.</i>	www.unseenuk.org 08000 121700	West	Central	East
	My Sister's House	<i>Delivered by women, for women to improve welfare and wellbeing, reduce the risk of domestic abuse, support recovery, and help women reach their goals for employment, education, and training.</i>	www.mysistershouse.info 01243 697800	West		
	Police Enquiries	<i>For other non-emergency related issues.</i>	101	West	Central	East
	Rape Crisis	<i>The feminist charity working to end sexual violence and abuse.</i>	www.rapecrisis.org.uk 08085 002222	West	Central	East
	Safe in Sussex	<i>Providing help and support for people affected by domestic abuse in West Sussex through refuge accommodation and outreach programmes.</i>	www.safeinsussex.co.uk 0330 3337416	West	Central	East
	Victim Support	<i>Offering help to anyone affected by crime. Not only those who experience it directly, but also their friends, family and any other people involved.</i>	www.victimsupport.org.uk 08081 689111	West	Central	East
	West Sussex Safeguarding Adults Board	<i>If you are concerned about an adult with care and support needs, who is experiencing, or at risk of, abuse or neglect, the best way to report your concerns is to make a safeguarding referral.</i>	www.westsussexsab.org.uk Working hours 01243 642121 Out of hours (urgent only) 03302 227007 Immediate danger 999	West	Central	East
	Worth Domestic Abuse Services	<i>Supports people who are at high risk of harm or homicide as a result of domestic abuse. With teams of specially trained advisors across West Sussex who work to identify, assess and assist people at risk.</i>	www.westsussex.gov.uk 0330 2228181	West	Central	East

FAMILY & RELATIONSHIPS

	AdFam	Offers support to families affected by drug and alcohol issues through information, advocacy, and collaboration, aiming to reduce stigma, promote harm reduction, and enhance overall well-being.	www.adfam.org.uk	West	Central	East
	Al Anon	Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking.	www.al-anonuk.org.uk	West	Central	East
	Carers Support West Sussex	A local charity team of staff and volunteers, working with and for family and friend carers. Their vision is to bring the day forward when family and friend carers are seen, heard, and included.	www.carerssupport.org.uk 03000 288888	West	Central	East
	Family Lives	Find advice on all aspects of family life from bonding with your new baby, dealing with tantrums, positive discipline, bullying, communicating with teens and divorce and separation.	www.familylives.org.uk 0800 800222	West	Central	East
	NACOA	Addressing the needs of children affected by a parent's drinking or similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.	www.nacoa.org.uk 08003 583456	West	Central	East
	Parenting Support	Aims to increase knowledge and awareness of mental health and boost confidence in coping with and addressing children's or young person's mental health.	www.westsussexmind.org 0300 3035652	West	Central	East
	Relate	Providing accessible support in the ways people need it so that everyone can enjoy thriving relationships in every part of life.	www.relate.org.uk 01293 657055	West	Central	East

WELLBEING

	Adur & Worthing Wellbeing	Advice and support on how to make small changes to improve your health and wellbeing	www.adur-worthing.westsussexwellbeing.org.uk	West		
	Arun Wellbeing	Wellbeing Advisers offering help with eating more healthily, giving up smoking, drinking less alcohol, or getting more active.	www.arun.westsussexwellbeing.org.uk	West		
	Chichester District Council Wellbeing	A free, friendly and impartial service that helps people living and working in Chichester District to improve their health and wellbeing by making small, positive lifestyle changes.	wellbeing@chichester.gov.uk 01243 521041	West		
	Crawley Wellbeing	Offers online, telephone and face-face services to support people. Individual appointments and information available for a range of health and wellbeing issues.	www.crawley.westsussexwellbeing.org.uk		Central	
	Horsham District Wellbeing	Provides free one-to-one advice, guidance and support to make lifestyle changes such as losing weight, eating well, becoming more active, reducing alcohol intake and stopping smoking.	www.horsham.westsussexwellbeing.org.uk 01403 215111		Central	
	Olive Tree Cancer Support	Independent charity providing a range of support services to cancer patients, their carers and families. Including: Wellbeing programme, complementary therapies, and emotional support.	www.olivetreecancersupport.org.uk Crawley 01293 534465 Horsham 01403 627424		Central	
	Recovery Dharma Bognor Regis	A peer-led movement using Buddhist practices and principles to overcome addiction through meditation and mindfulness, personal inquiry, and community.	www.recoverydharma.co.uk	West		



Sussex Recovery College

Offers educational courses that focus on mental health and recovery, designed to increase knowledge and skills and promote self-management.

www.sussexrecoverycollege.org.uk

West

Central

East

MEN'S WELLBEING



Band of Brothers

Supports young men in making a healthy transition to adult manhood and creates powerful mentoring networks that they can call upon in times of need.

www.abandofbrothers.org.uk
crawley@abandofbrothers.org.uk

Central



MenShare Listening Group

Helping to support men who may be going through a tough and challenging time in their lives.

www.mensharelisteninggroup.co.uk
07508 336995

Central



Men's Sheds

Banishing loneliness and isolation isn't easy, which is why Men's Sheds encourages local communities to come together to build, fix and restore – projects as well as themselves!

www.menssheds.org.uk

West

Central

East

WOMEN'S WELLBEING



SisterShare Listening Group

Helping to support women who may be going through a tough and challenging time in their lives.

sistersharecrawley@gmail.com

Central

LIVING



Age UK

Experts in the issues affecting older people. Whether providing information and advice, being a friendly voice on the phone, or helping make sure the voices of older people are heard.

www.ageuk.org.uk
0800 6781602

West

Central

East



Citizens' Advice

Giving people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.

www.citizensadvice.org.uk

West

Central

East



Pregnancy Matters

Helping more than 45,000 people each year meet pregnancy or pregnancy loss with courage and dignity so they can flourish.

www.lifecharity.org.uk
08088 025433

West

Central

East



Refugee Council

A UK-based organisation that offers support and advice to refugees and asylum seekers, as well as support for other refugee and asylum seeker organisations.

www.refugeecouncil.org.uk
02073 466770

West

Central

East



Trussell Trust Foodbanks

Supporting a nationwide network of food banks and providing emergency food and support to people facing hardship.

www.bognorregis.foodbank.org.uk
www.eastgrinstead.foodbank.org.uk
www.chichesterdistrict.foodbank.org.uk
www.haywardsheath.foodbank.org.uk
www.horshamdistrict.foodbank.org.uk
www.littlehamptondistrict.foodbank.org.uk

West

Central

East

ARMED FORCES VETERANS



Armed Forces Breakfast Club

Facilitates veterans and serving Armed Forces personnel to meet face to face in a relaxed, safe, social environment to enjoy breakfast and banter, to combat loneliness and allow veterans to "return to the tribe"

www.afvbc.world

West

Central

East



Armed Forces Network

The members work together to improve the lives of the Armed Forces community, ex and serving personnel and their immediate families.

www.armedforcesnetwork.org

West

Central

East



Association of Service Drop-In Centres

Represents and links veterans' Drop-Ins across the country. Drop-Ins offer a variety of welfare and mental health support, together with comradeship and a sense of well-being, to the ex-military community and their families,

www.asdic.org.uk

West

Central

East

MONEY, BENEFITS & DEBT



Benefits Overview

Find out what support you might be able to get to help with your living costs. You can get benefits and other financial support if you're eligible.

www.gov.uk/browse/benefits

West

Central

East



Christians Against Poverty

Provides free professional debt help through local churches across the UK.

www.capuk.org

West

Central

East



Citizens' Advice

Giving people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.

www.citizensadvice.org.uk

West

Central

East



Step Change

Helping people to deal with their debt problems and providing the advice and support you need to achieve long-term financial control.

www.stepchange.org

West

Central

East



Turn 2 Us

A national charity providing practical help to people who are struggling financially.

www.turn2us.org.uk

West

Central

East

HOUSING & HOMELESSNESS



Adur & Worthing Councils

Information and advice for council tenants, private tenants, and landlords

www.adur-worthing.gov.uk
Adur 01273 263000
Worthing 01903 239999

West



Arun District Council

Information and advice for council tenants, private tenants, and landlords

www.arun.gov.uk
01903 737500

West



Chichester District Council

Apply for housing register, find affordable housing to buy, and get housing advice.

www.chichester.gov.uk
01243 785166

West



Crawley Borough Council

Finding a home: help with social housing and private renting. Support for tenants and landlords.

www.crawley.gov.uk
01293 438000

Central



Homemove West Sussex

The lettings scheme for council and housing association homes in Adur, Brighton & Hove, Chichester, Eastbourne, Hastings, Lewes, Mid Sussex, Rother, Wealden and Worthing.

www.homemove.org.uk

West

Central

East



Horsham District Council

Apply for housing, tell us you're facing homelessness, temporary accommodation.

www.horsham.gov.uk
01403 215100

Central



Stonepillow

Support and empower homeless and vulnerable people to achieve sustainable independence and wellbeing.

www.stonepillow.org.uk
01243 537934

West



Turning Tides

Provider of services for single homeless people in West Sussex. They provide a warm, safe space to listen to anyone who comes to them for help; and offering real pathways out of homelessness.

www.turning-tides.org.uk
01903 680740

West

Central

East

APPS YOU MAY FIND HELPFUL



Breaking Free App

This companion app is designed to be used alongside the UK version of Breaking Free Online.

www.breakingfreeteam.com



Catch It

A joint project between the Universities of Liverpool and Manchester, to help you better understand your moods through use of an ongoing diary.



Drink Coach

An easy way to keep an eye on your drinking

www.drinkcoach.org.uk
Access code: WSUSSEX



Drinks Meter

Keep track of your drinking and get instant feedback and advice.



Everything AA

A free AA app with helpful readings, recordings, and meeting finder.



Happify

Activities and games to help reduce stress and improve your mental health.

www.happify.com



I Am Sober

Track your sobriety with a community that understands what you're going through. Build new daily habits and learn from others who are making changes happen.

www.iamsober.com



Insight Timer

App for sleep, anxiety and stress. Five wellbeing apps in one.

www.insighttimer.com



Mood Tools

If you're feeling sad or depressed, lift your mood with MoodTools for free.

www.moodtools.org



NHS Drink Free Days

For people who want some support in tracking and cutting down on their drinking. It also helps you understand more about your current drinking and risk levels.



Self-Help App for the Mind (SAM)

A community-backed wellbeing app to help you monitor and manage your mental health, with self-help techniques to help with anxiety, depression, loneliness and coping.

www.mindgarden-tech.co.uk

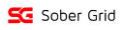


SoberBuddy

Live Zoom groups, sober skill building challenges, motivational memes, peer support communities, and a confetti sober tracker down to the second.

www.yoursoberbuddy.com





Sober Grid

A platform full of evidence-based tools to help anyone find and maintain their path to sobriety while avoiding traditional barriers to accessing support.

www.sobergrid.com



Stay Alive

A suicide prevention resource packed with information and tools.

www.prevent-suicide.org.uk



Staying Free

Gives you a great set of coping skills that are based on proven behavioural science.

Access code: WestSussex11



Change Grow Live can't be responsible for all the services listed within this booklet, but we hope you find them helpful.

If there's anything you think would be helpful to include in future editions, then please let us know and we'll consider it.