

Other Agencies Offering Support

Contents

Crisis Services	3
NHS Direct 111 / 999.....	3
Samaritans 116 123.....	3
ADVOCACY SERVICES	4
Brighton-Based.....	4
Mind	4
Brighton & Hove LGBT Community Safety Forum	4
Independent Complaints Advocacy Service (ICAS)	4
Age UK.....	4
Survivors Network.....	4
Sussex Interpreting Services	4
Interact.....	4
Mencap	4
Speak Out.....	4
Youth Advocacy Project	5
Out of Area.....	6
Metro (London).....	6
GALOP (London).....	6
LGBT Foundation Trans Advocacy, Manchester	6
West Sussex Mind	6
PowHer East Sussex	6
SEAP East Sussex	6
SUPPORT & GUIDANCE	7
LGBT Resources.....	7
LGBTQ Switchboard Brighton	7
The Rainbow Hub Brighton.....	7
AllSorts	7
Bothways.....	7
Trans-Specific Resources.....	8
Mindline Trans	8
Gendered Intelligence Line Trans & Gender Questioning Line.....	8
Navigate	8
TNB.....	8

The Clare Project.....	8
LGBT Switchboard Trans Link.....	8
Queercare	8
Action for Trans Health	8
Benefits and Money.....	9
St. Luke’s Advice Centre.....	9
Possibility People	9
Brighton Unemployed Centre Families Project	9
Citizens Advice Bureau.....	10
Money Advice Plus.....	10
Welfare Rights Team at Brighton & Hove Council	11
Domestic Violence and Sexual Violence	11
Not Your Fault	11
LGBT Switchboard Trans Survivors	11
RISE.....	11
HIV/AIDS & Sexual Health	12
<i>Organisation</i>	12
The Sussex Beacon	12
Terrence Higgins Trust	12
Clinic M.....	12
Clinic T.....	12
Youth (under 25).....	13
Youth Advice Centre	13
Clock Tower Sanctuary.....	13
Other Specific Services.....	14
Brighton Women’s Centre	14
Pavillions	14
Voices in Exile.....	14
Assert	14
The Carers Centre for Brighton and Hove.....	14
Friends, Families and Travellers (FFT).....	14
Mendos	14
Amaze	15
Action On Hearing Loss	15
SWOP	15

Crisis Services

NHS Direct 111 / 999

Samaritans 116 123

Sussex Mental Health Line

ADVOCACY SERVICES

Organisation	Contact Details	Services Provided
Brighton-Based		
Mind	Mind in Brighton & Hove 51 New England Street Brighton, East Sussex, BN1 4GQ Tel: 01273 66 69 50 Fax: 01273 66 69 51 e-mail: info@mindcharity.co.uk	Community Advocacy Service (adults, B&H and West Sussex) Speak Your Mind (for people under 25) Older People's Advocacy Service IMHA Service (in psychiatric hospitals) Mill View and Nevill Hospitals
Brighton & Hove LGBT Community Safety Forum	01273 855620, info@lgbt-help.com , www.lgbt-help.com . Urgent calls: 01273 231189	Practical help with safety, access, inclusivity issues for LGBT people, services for deaf people, people with disabilities and older people, informal advocacy Advocacy service for hate crime, harassment, verbal or physical abuse.
Independent Complaints Advocacy Service (ICAS)	01273 229 002 info@bh-icas.org Link to self-advocacy guide to making a complaint about NHS services http://www.bh-impetus.org/projects/independent-complaints-advocacy-service-icas/#information-pack	Run by Impetus B&H (for NHS complaints) Advocacy to help you make complaints about any NHS services including dentists.
Age UK	29-31 Prestonville Road, Brighton, BN1 3TJ Phone: 01273 720603 Email: info@ageuk-bh.org.uk Age UK East Sussex, The Almonry High Street, Battle, East Sussex, TN33 0EA. Tel: 01424 775721.	Advocacy for people "in later life"
Survivors Network	6a Pavilion Buildings, Brighton, BN1 1EE 01273 203380 Email : help@survivorsnetwork.org.uk Text 07717 999 989	For survivors of sexual assault or rape of all genders
Sussex Interpreting Services	Community Base, 113 Queen's Road, Btn BN1 3XG 01273 702005 Email advocacy@sussexinterpreting.org.uk	Bilingual Advocacy Support
Interact	The Junction, 1A Isetta Square, New England Street, Brighton, BN1 4GQ (01273) 229008 www.bh-impetus.org/projects/interact/	For people with Learning Difficulties
Mencap	Community Base, 113 Queen's Road, Btn BN1 3XG (01273) 234759 0808 808 1111 Learning Disability Helpline bobparr5@hotmail.com www.mencap.org.uk/	Works with people with a learning disability to support them to lead full lives.
Speak Out	Tel: (01273) 421921 Email: info@bhspeakout.org.uk Web: www.bhspeakout.org.uk	For people with Learning Disabilities

Youth Advocacy Project	(01273) 295510 07812356994 email melanie.carroll@brighton-hove.gov.uk http://www.bhyap.org.uk	for young people 5-21 yr olds
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<i>Out of Area</i>		
Metro (London)	Contact Taz on 020 8305 5009 or by email at taz@metrocharity.org.uk	LGBT community advocacy for people who live in or near London
GALOP (London)	020 7697 4081 info@galop.org.uk	LGBT Domestic Violence service, including a trans advocacy service
LGBT Foundation Trans Advocacy, Manchester	Trans Advocacy transadvocacy@lgbt.foundation lgbt.foundation/how-we-can-help-you/trans-advocacy	
West Sussex Mind	Community advocacy service, contact Brighton office (see above)	
PowHer East Sussex	0300 456 2370 pohwer@pohwer.net Address: PO Box 14043, Birmingham, B6 9BL http://www.pohwer.net/in-your-area/where-you-live/east-sussex/independent-advocacy-service.htm	(mental health, physical or sensory disabilities) *MindOut can refer you
SEAP East Sussex	www.seap.org.uk Cavendish House, 7th Floor, Breeds Place, Hastings, TN34 3AA 0300 3435709 EastSussex@seap.org.uk	Provide advocates (IMHA service) in psychiatric hospitals in East Sussex, and Independent Complaints Advocacy Service, advocates to help you complain about NHS services

SUPPORT & GUIDANCE

<i>LGBT Resources</i>		
Organisation	Contact Details	Services Provided
LGBTQ Switchboard Brighton	Helpline 01273 204050 info@switchboard.org.uk Monday 6.30pm-9pm. Wednesday 6.30pm-9pm. Thursday 3pm-9pm. Friday 6.30pm-9pm Sunday 5pm-7pm.	
The Rainbow Hub Brighton	The Rainbow Hub 93 St James' Street Brighton BN2 1TP Phone: 01273 675445 Email: alan@therainbowhubbrighton.com Website: https://therainbowhubbrighton.com	The Hub is a local point of contact for LGBT+ people seeking up to date help, information or guidance, in a safe, non-judgemental environment They have shower facilities, they are getting an instant HIV testing machine and hope in time to get a washing machine. They have free food to distribute on Saturdays and Sundays.
AllSorts	Young People's Centre, 69 Ship Street, Brighton, BN1 1AE. Tel: 01273 721211 General Enquiries: info@allsortsyouth.org.uk	For people below 25. Includes a younger persons group and a trans group for people between 16 and 25 (Transformers)
Bothways	07505385094 info@brightonbothways.org.uk	For bisexual people

Trans-Specific Resources

Organisation	Contact Details	Services Provided
Mindline Trans	0300 330 5468	Open Monday & Friday 8pm-Midnight UK-wide service run by Mind Bristol. Confidential, non-judgemental listening space for people who identify as trans, non-binary and their friends and family
Gendered Intelligence Line Trans & Gender Questioning Line	02078325813	For patients at the Nottingham centre for Transgender Health Tuesday, Thursday, Saturday 1-6pm
Navigate	navigatebrighton@gmail.com	Brighton group for transgender men, transmasculine people, genderqueer people, non binary people, and all those who are assigned intersex or female at birth who fit somewhere else on the spectrum
TNB	tnbbrighton@gmail.com	Trans and non-binary Brighton is a space on the third Thursday of the month at Café Domenica, Preston Road from 6-8pm
The Clare Project	tcpbrighton@gmail.com The Clare Project, c/o Dorset Gardens Methodist Church Dorset Gardens Brighton BN2 1RL	Weekly drop-in every Tuesday 2.30-5.30
LGBT Switchboard Trans Link	01273 234009 translink@switchboard.org.uk	Links trans and non-binary people with community services and groups
Queercare	Whatsapp – 07377435520	
Action for Trans Health	info@actionfortranshealth.org.uk	
Nhs Gender Dysphoria National Referral support service	01522 85 77 99 https://cavuhb.nhs.wales/files/specialised-medicine/welsh-gender-service/v2-gender-dysphoria-about-us-booklet-pdf/	The GDNRSS will process referrals to chosen surgical provider. They have a Single Point of Access support line that you can call for information about your referral, the status of your chosen provider and practical information such as travel and parking details, who can accompany you, what to take with you and where to report when you get there. Their lines are open Monday to Friday from 9am until 5pm.

Benefits and Money

Organisation	Contact Details	Services Provided
St. Luke's Advice Centre	Benefits Advice line: 01273 549203 Monday – Friday 9am–5pm. One-to-one appointments available. Email info@stlukesadvice.org.uk Benefits drop-in Friday 10am–12pm 18 Exeter Street Brighton BN1 5PG https://www.stlukesadvice.org.uk	Free independent advice on benefits and welfare entitlements. Help with making claims, applying for benefits, mandatory consideration and appeals preparation. Tax advice. Debt advice provided for current service users.
Possibility People	Advisors available by phone 01273 894050 Monday – Friday 10am-4pm One-to-one appointments available. Email advice@possabilitypeople.org.uk Drop-in service currently unavailable (Apr 2019-?) Deaf or hard of hearing text 07774 910064 https://www.possabilitypeople.org.uk/	Charity working with disabled people, older people and young people, or anyone with an impairment or long-term health condition. Free, independent information and support to everyone including disabled people, their carers, families and friends
Brighton Unemployed Centre Families Project (BUFCP)	Confidential Advice Line 01273 676171 (answerphone – please leave message) Email: welfarerights@bucfp.org Drop-in: 10am-1pm & 2pm-4pm Tuesday to Thursday 2pm-4pm Fridays 6 Tilbury Place Brighton, BN2 0GY One-to one appointments available. BUFCP reception 01273 601211 https://bucfp.org/advice	Welfare advice service. <ul style="list-style-type: none"> • Advice on how to apply for benefits • Contacting DWP & the local authority • Lodging mandatory reconsiderations & appeals Support Drop-in, email, and telephone. IT room offers free computer access and volunteer support to set up Universal Credit claims. Dedicated service for completing UC50, ESA50 and PIP2 forms one-to-one by appoint

Citizens Advice Bureau	<p>Telephone advice 0300 330 9033 and Advice drop-in: Monday 09.30-12.30 & 13.30-15.30 Tuesday 09.30-12.30 & 17.00-19.30 Wednesday 09.30-12.30 & 13.30-15.30 Thursday 09.30-12.30 & 13.30 -15.30 Friday 09.3 -12.30 Appointments available – book at drop-in or by phone</p> <p>Advice by email via website.</p> <p>Tisbury Road Offices, Hove Town Hall, Tisbury Road, Hove, BN3 3BQ</p> <p>www.citizensadvice.org.uk/local/brighton-hove</p>	<p>Advice service drop-in and phone line.</p>
Money Advice Plus	<p>Urgent Advice Line: 0800 988 7037 Mon 3pm-7pm Tues 9am-1pm Weds 12.30pm-4.30pm Thurs 12.30pm-4.30pm Fri 10am-2pm Brighton office: 01273 664000 Appointments available by phoning advice line or local office</p> <p>Email: info@moneyadviceplus.org.uk</p> <p>Tisbury Road Offices, Hove Town Hall, Tisbury Road, Hove East Sussex BN3 3BQ</p> <p>www.moneyadviceplus.org.uk/</p>	<p>Expert advice and support with claiming benefits, tax, budgeting, representation, debts and other issues.</p>
Moneyworks	<p>Helpline 0800 988 7037 or 988 7037 Monday 3pm-7pm Tuesday 10am-2pm Wednesday 12.30-4.30pm Thursday 12.30-4.30pm Friday 10.00am-2.00pm</p> <p>IT drop-ins at: BUCCP 10am-1pm www.bucfp.org Hangleton & Knoll Project – HaKIT Wednesday 10am-12pm www.hkproject.org.uk</p> <p>www.advicebrighton-hove.org.uk/</p>	<p>Advice about money, bills, bank accounts, debt, applying for grants, etc. Main debt advice service in Brighton & Hove.</p>

Welfare Rights Team at Brighton & Hove Council	Advice line open Monday to Thursday from 10:00am to 1:00pm. Phone: 01273 291116. welfarerights@brighton-hove.gov.uk Benefits factsheets available from https://new.brighton-hove.gov.uk/benefits/help-and-support/your-welfare-rights	Provide advice for people who have been turned down for benefits including helping to prepare for an appeal or mandatory reconsideration and providing representation at an appeal tribunal.
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<i>Domestic Violence and Sexual Violence</i>		
Organisation	Contact Details	Services Provided
Not Your Fault	notyourfault@protonmail.com sms / signal 07399708027	Men + nb online survivors group
LGBT Switchboard Trans Survivors	01273 204050 (Sunday 3-5) info@switchboard.org.uk	Helpline offers support by and for trans and/or non-binary people and a monthly drop in service
RISE	Support and guidance. Contact Maddie LGBT Domestic Violence and Abuse Advisor by telephone on 01273622828 or fill in contact form online. http://www.riseuk.org.uk	LGBT+ specific worker for people experiencing domestic violence

HIV/AIDS & Sexual Health

Organisation	Contact Details	Services Provided
The Sussex Beacon	01273 694 222 or email info@sussexbeacon.org.uk Website http://www.sussexbeacon.org.uk	Respite care and other services Day Service aims to meet the physical, social and psychological needs of people affected by HIV and AIDS, thereby enhancing their quality of life. Runs a women and families service
Terrence Higgins Trust	61 Ship Street Brighton BN1 1AE 01273 764 200 Fax: 01273 764 201 info@tht.org.uk www.tht.org.uk	They employ two Social Care Co-ordinators, Tim and Gins, who offer support and guidance
Clinic M	01273 523388	Clinic M offers a confidential sexual health service to gay and bisexual men and other men who have sex with men regardless of HIV status on Wednesday evening. There are 8 walk in slots from 17:00 – 18:00 and appointments from 18:00. This clinic is open on Wednesday evenings 17:00 – 20:00.
Clinic T	01273 523388	Clinic T is our sexual health service for anyone who identifies as trans, non-binary or gender variant (partners are welcome too). The clinic runs every month and upcoming dates are posted above. All of our services are free and completely confidential, and our staff have been trained in trans awareness. The main services we offer are:

<i>Youth (under 25)</i>		
Organisation	Contact Details	Services Provided
Youth Advice Centre	Drop-in: 3pm-6pm Monday to Friday 11, St Georges Place, Brighton BN1 4GB Contact: Tel: 01273 624432; Email: yacservices@ymcadlg.org; Web: www.ymcadlg.org/	16-25 services around <ul style="list-style-type: none"> - Sexual health - Emotional wellbeing - Debt & Benefits - Housing - Mediation
Clock Tower Sanctuary	Wenlock House, 41-43 North Street, Brighton BN1 1RH. Access is via Lewis's Buildings in Ship Street. http://www.theclocktowersanctuary.org.u k/ Telephone: 01273 722353 Email: info@theclocktowersanctuary.org.uk Facebook: thectsbrighton Twitter: thectsbrighton	For homeless young people in Brighton and Hove including <ul style="list-style-type: none"> - Outreach - Crisis support - Activities - Life skills classes - 1:1 support

Other Specific Services

Organisation	Group Supporting	Contact Details	Services Provided
Brighton Women's Centre	Women	Call 01273 698036 or e-mail dropinservices@womenscentre.org.uk	Drop-in service is open to all women in need of emotional support, advice and information. Check website for opening times http://www.womenscentre.org.uk/index.php?What_We_Do:Drop-in
Pavillions	Substance Misuse	LGBT worker Gary Smith 07884 476634 or 0800 0149819 gsmith@pavillions.org.uk	Outreach support for people over 18 who want to address their substance misuse problem
Voices in Exile	Refugees, asylum seekers, vulnerable migrants with No Recourse	Advice@voicesinexile.org https://www.voicesinexile.org/ 01273 082105 Thursday 2-4pm Advice drop in Tuesdays 1.30-3.30pm	They work with refugees, asylum seekers, and vulnerable migrants with no recourse to public funds in East and West Sussex and Surrey. They offer practical and legal support including generalist advice and specialist immigration casework.
Assert	People with Aspergers	Community Base, 113 Queen's Road, Btn BN1 3XG (01273) 234850 www.assertbh.org.uk /	1:1 support and guidance
The Carers Centre for Brighton and Hove	Carers	18 Bedford Place, Brighton, East Sussex, BN1 2PT. Tel: 01273 746222. info@thecarerscentre.org	1:1 support and guidance
Friends, Families and Travellers (FFT)	Travellers	www.gypsy-traveller.org Community Base 113 Queens Road, Brighton, BN1 3XG 01273 234777	Working towards a more equitable society where everyone has the right to travel and to stop without constant fear of persecution because of their lifestyle. Support and guidance.
Mendos	Ex-Offenders	Rethink Mental Illness, St Richards Community Centre, Egmont Road, Hove BN3 7FP 01273 709060 Sos.mendos@rethink.org	Support for ex-offenders

Amaze	Parents and carers of children with special needs	Community Base, 113 Queen's Road, Btn BN1 3XG (01273) 234850 (01273) 772289 helpline@amazesuss ex.org.uk http://amazebrighton. org.uk/	Offers support, advice and information
Action On Hearing Loss	People who live with deafness or who are hard of hearing	Community Base, 113 Queen's Road, Btn BN1 3XG Telephone 0808 808 0123 (freephone) Textphone 0808 808 9000 (freephone) SMS: 0780 0000 360 Email: informationline@hear ingloss.org.uk www.actiononhear ingloss.org.uk/help- items/contact- us.aspx	Aid support, communication support and social groups
SWOP	Sex Workers	01273675526 swop@brightonoasis project.co.uk	A discreet and confidential and trans- inclusive service for women working in the sex industry. We aim to promote and improve the health, safety and wellbeing of sex workers in Sussex