

THE SOUTHFIELD TRUST – DIRECTORY OF SUPPORT FOR FAMILIES

General Mental Health Support and Advice			
Organisation	Information	Contact details	Designation
Anna Freud	Mental Health charity for children and families. Resources, training and signposting	https://www.annafreud.org/	Charity
Aspens	Services for children and young people with a range of disabilities, those on the autism spectrum and those with complex needs (8-25) across East Sussex	https://www.aspens.org.uk/childrens-services-in-east-sussex	Costs dependent on services
Amaze Sussex	Charity that gives information, advice and support to families of children and young people with special educational needs and disabilities (SEND) in Brighton & Hove and Sussex.	https://amazesussex.org.uk/	Charity
CAMHS	Specialist mental health support services. Referral is usually through a GP/Health Practitioner/Social Worker/School after other forms of support have been tried. Young people can self-refer through East Sussex Single Point of Advice (SPoA).	https://www.sussexcamhs.nhs.uk/	Statutory agency
Childline	Information and advice on issues relating to child safety and mental health	Tel: 0800 1111 http://www.childline.org.uk	Free service
docready	Support for child/young person to get ready for a doctor's appointment if they want to discuss their mental health	http://www.docready.org/#/home	Free service
Chat Health	Part of School Health On Point (SHOP) Text only service that operates from Mon-Fri (9am-5pm) where children and young people can chat about mood, stress and wellbeing	Text: 07507 332473	
Clued- up	Provides advice and information on a wide range of subjects including mental health, alcohol and drug awareness.	https://clued-up.info/	Free service
East Sussex School Health Service	Service for young people aged between 11 and 19 years and parents/carers of 5-19 year olds which offers free help and advice for your physical and emotional well-being.	Tel: 0300 123 4062 https://e-wellbeing.co.uk/services/east-sussex-school-health-service/	Free service

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East Sussex Single Point of Advice (SpoA)	First point of contact for support for young people with mental health needs and other difficulties	Tel: 01323 464222	Statutory agency
East Sussex School Wellbeing Service	School nurses and practitioners who support children and young people with a range of health issues	Parents, professionals and young people can refer via text: 07507332473 (for 11-19 year olds and parents/carers of 5-19 year olds)	Free service
e-motion	Free online counselling service for 12-18 year olds	https://www.e-motion.org.uk	Charity/free service
e-wellbeing	Specialist website run in collaboration with Sussex CAMHS	https://e-wellbeing.co.uk/	Free service
Health in Mind	Free NHS Talking Therapies service for young people (18+) experiencing emotional stress and symptoms of anxiety or low mood. Provides courses and online programmes to a wide range of evidenced based 1 to 1 therapies.	Tel: 0300 00 30 130 https://ewellbeing.co.uk/services/health-in-mind/	Free service
Holding Space	Registered charity providing support for parents, children and young people who are struggling with their mental health	Tel: 07922 851 207 https://ewellbeing.co.uk/services/holding-space/	Charity
i-rock East Sussex	Support for young people aged 14-25 who https://e-wellbeing.co.uk/services/i-rock-east-sussex/ need support around mental health, housing, employment, education or relationships this service can offer you free confidential support. No referral necessary	https://e-wellbeing.co.uk/services/i-rock-east-sussex/	Free service
Mind	General support, advice and signposting	Tel: 0300 123 3393 https://www.mind.org.uk	Charity
Place 2 be	Parenting advice from child mental health experts. National service working with those from 4-14 to support them in enhancing their resilience through counselling and creative based therapies	https://parentingsmart.place2be.org.uk/	Charity/Free service
Samaritans	24-hour help for anyone feeling anxious, depressed or suicidal	Tel: 116 123 https://www.samaritans.org/	Charity
Staying Well Space	Evening and weekend recovery focussed support to help young people manage a crisis. The service is free and available to adults aged 16 and over with urgent mental health support needs living across East Sussex.	https://1space.eastsussex.gov.uk/Services/5135/Staying-Well-Space	Free service from ESCC

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Strong minds, strong kids	Canadian website with booklets for various school with ideas, tips and strategies to support children of all ages	https://strongmindsstrongkids.org/Public/Content/Parents/Children_4-13_/Kids-Have-Stress-Too-.aspx	Free downloadable resources
Sussex CAMHS Parent Page	Advice for parents on their child's mental health and tips for managing together	https://www.sussexcamhs.nhs.uk/	Statutory agency
Sussex Mental Health Line	24/7 telephone service offering support/advice/information and signposting	Tel: 0800 0309 500	Free service
Young Minds	Advice for parents on their child's mental health	Tel: 0808 802 5544 https://www.youngminds.org.uk/parent	Charity
SEND Mental Health Support and Advice			
Organisation	Information	Contact details	Designation
ADHD			
ADHD support group	Information on professional help and diagnosis. Practical advice on supporting young people with their ADHD and mental health. Signposting information	https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd	Free service
CAMHS	Specialist NHS services and support to children and young people up to 18 years old who are experiencing difficulties with their emotional, psychological and mental health.	https://ewellbeing.co.uk/services/sussex-child-and-adolescent-mental-health-service-camhs-2/ https://www.sussexcamhs.nhs.uk/ referrals: https://www.sussexpartnership.nhs.uk/east-sussex-spoa	Statutory service

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Anxiety, Low Mood, Depression			
My time now team	My Time offers an early intervention peer support service to help children & young people aged 5-18 cope with emotional wellbeing, anxiety, anger or separation. My Time provides 8 weekly sessions of peer support delivered during the school day in schools or after school in our community venues, across Hastings, St Leonards, Eastbourne and surrounding areas.	https://www.fsncharity.co.uk/projects/my-time	Charity
Molehill Mountain	An app to help autistic people understand and self-manage anxiety.	https://www.autistica.org.uk/molehill-mountain	Free
SHOUT	Free confidential 24/7 text message support. Can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.	https://giveusashout.org/	Charity
Autism			
Autism Support Helpline	Helpline with advice for parents/carers/young people with a diagnosis or undergoing diagnosis	Tel: 01344 882248 https://www.childautism.org.uk/families/autism-helpline/	Free
CASS Counselling	Counselling service for those on the Autism spectrum and their care givers	https://casscounselling.co.uk/	Private
MASCOT	Parent led peer to peer support network for families who have children/young people with autism	https://www.asc-mascot.com/	Free service
National Autistic Society	Website with services and information for parents/carers/young people	https://www.autism.org.uk/	Charity
Spectrum	Spectrum is a free, county-wide service that helps Autistic children and young people 'aged 5–18' to join in activities in their local community, develop their independence and build confidence in developing key life skills.	Tel: 01273 336 887 Email: spectrum@eastsussex.gov.uk https://1space.eastsussex.gov.uk/Services/4859/Spectrum	Free

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Bereavement			
Dragonflies	Bereavement service for children 5-18 years and offers a series of peer group sessions by trained staff and volunteers	https://www.fsncharity.co.uk/projects/dragonflies-bereavement-project	Charity
Hope Again	Youth website of Cruse Bereavement Care Advice and support for any young person dealing with loss of a loved one	https://www.hopeagain.org.uk/	Charity
Marie Curie	Practical information and support on all aspects of life with terminal illness, dying and bereavement	https://www.mariecurie.org.uk/help/support/bereaved-family-friends	Charity
Seahorse	Short term bereavement focused counselling support for 6-17-year-old bereaved children in Seaford, Hailsham, Uckfield, Heathfield, Pevensey and Eastbourne	Tel:01323 434200 https://www.stwhospice.org/our-care/family-services/seahorse-project/	Charity
Sussex Community Counselling	Low cost/free counselling service that offers one to one counselling for 11-18 age group	https://sussexcommunity.org.uk/our-services/sussex-community-counselling/bereaved-by-suicide-service/	Lo cost or free service and advice
Winston's Wish	Childhood bereavement charity to support those finding it hard to cope with thoughts and feelings following the death of a parent or sibling Age range 5-18	Tel: 08088 020021 https://ewellbeing.co.uk/services/winstons-wish-east-sussex/ https://help2makesense.org/	Charity
Contact Issues			
Coram	Coram Legal Advice service regarding contact arrangements	https://childlawadvice.org.uk/	Charity
Counselling			
Counselling Directory	Counselling Directory is a resource hub which enables individuals struggling with their emotional well-being to find a qualified and insured counsellor.	Tel: 0333 325 2500 https://e-wellbeing.co.uk/services/	
e-motion	Free online counselling project for young people aged 12-18	https://www.e-motion.org.uk	Free service
Fegans	Now part of Spurgeons Children's Charity. Christian charity which provides a range of professional counselling services in their centres and in primary and secondary school	https://fegans.spurgeons.org/	Charity

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Sussex Community Counselling	Low cost/free counselling service that offers one to one counselling for 11-18 age group	https://sussexcommunity.org.uk/our-services/sussex-community-counselling/	Low cost or free service & advice
The Old Bank Wellbeing Trust	Not for profit organisation providing counselling and psychotherapy services	https://e-wellbeing.co.uk/services/the-old-bank-wellbeing-trust/ Tel: 01323 502 827 or text 07737 570 702 info@theoldbankwellbeing.org.uk	Not for profit/low cost counselling
Domestic Violence			
Butterflies Child and Adolescent Counselling Service	Provides counselling for children and young people 8-14 years who have experienced abuse and trauma	https://www.butterfliescacs.co.uk/	Private
Refuge	To support women and children against domestic violence	https://refuge.org.uk/	Charity
Solace	Free support and counselling and help to fee domestic violence	https://www.solacewomensaid.org/	Charity
Drug and Alcohol Misuse			
Back on Track	Back on Track provide support to families when a parent is drinking too much.	Tel: 01273 293966 https://e-wellbeing.co.uk/services/	Charity
Oasis	Group programme designed to improve the relationship between parents for the benefit of their children – for families affected by drug or alcohol misuse	https://www.oasisproject.org.uk/	Free service
Young Oasis	Support for those under 18, who have been affected by the alcohol or drug problem of someone in their family.	Open referral policy via the website: https://www.oasisproject.org.uk/contact-us/#youngoasis Tel: 01273 696970 Option 3 https://ewellbeing.co.uk/services/young-oasis-hastings/	Charity

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Eating Disorders			
BEAT's Youthline	Offers support to children and young people with an eating disorder	https://www.beateatingdisorders.org.uk/	Charity
Pan-Sussex Children and Young People and Family Disorder Service	Support for children, young people and their families to treat eating disorders. Young people can refer but they recommend a young person speaks to their GP first.	Tel: 01444 472670	Statutory Agency
LGBTQ			
Allsorts	Support for young people under 26 who identify as LGBT or are unsure	https://www.allsortsyouth.org.uk/	Charity
EACH (Educational Action Challenging Homophobia)	Advice and support online and through a Freephone. Helpline for children of all ages experiencing homophobic, biphobic or transphobic bullying or harassment	https://each.education/	Charity
Gender Identity - GIRES	Charity that helps the trans and gender non-conforming communities – operated by volunteers	https://www.gires.org.uk/	Charity
I am who I am	LGBTQ youth group for young people aged 7-11 and 12-17	https://your.eastsussex.gov.uk/events/i-am-who-i-am-lgbtq-youth-group-eastbourne/	Free service
Mermaids	Free and confidential phone and webchat service designed to support trans, gender diverse and non-binary students (open to young people aged 18-25)	Tel: 0808 801 0400 https://mermaidsuk.org.uk/	Charity
Switchboard LGBT+	Helpline for anyone to discuss sexuality, gender identity, sexual health and emotional well-being	https://switchboard.lgbt/	Charity

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Parenting			
Early help keyworker service	EH aims to improve the outcome for families with multiple complex problems	Referral via SPOA/Schools: Tel: 01323 464222	Statutory service
Oasis parenting support	Offers a range of parenting support for families in East Sussex as well as professional network for services working with fathers across the county	https://www.oasisproject.org.uk/east-sussex-services/parenting-support-in-east-sussex/	Free service
Open for Parents (Triple P)	Information, advice and support for parents and carers who want to support their child's development and wellbeing. Variety of support through Triple P Programme, talks, one off groups, longer courses, brief one to one support and online courses	https://www.openforparents.org.uk/	Free service
Psychotherapy			
Thinking Families	Adult and child attachment assessments, individual psychotherapy for adolescents with anxiety disorders, depression, ADHD and Autistic Spectrum conditions	https://www.thinkingfamilies.co.uk/	Private
Self-Harm			
Harmless	Support and resources for children and young people that self-harm and their friends and families	https://harmless.org.uk	Free service
SEND			
Amaze Sendias	Offers impartial, confidential advice on anything to do with special educational needs and disabilities from 0-25 year-olds	Tel: 01273 772289 Email: sendiass@amazesussex.org.uk https://amazesussex.org.uk	Charity
Contact	National charity for families with children/young people with disabilities	Tel: 0808 808 3555 https://contact.org.uk	Charity
East Sussex SEND Info Hub	Local authority online listing of services and support available to families of children with SEND	https://localoffer.eastsussex.gov.uk/	Statutory agency

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Sensory Behaviour			
NHS	Information booklet for a practical approach at home for parents and carers to support with making sense of sensory behaviour	https://www.nhs.uk/guidance/realising-the-potential-of-the-nhs-information-pack/making-sense-of-your-sensory-behaviour-falkirk-council-booklet/	Free information
Sexual Abuse/Sexual Violence			
Survivors Network	Children and young people's service made up of specialist workers to support children and families who have experienced sexual abuse in Sussex.	Tel: 01273 720 110 https://survivorsnetwork.org.uk/get-help/children-young-people/	Charity
Parents Protect	An information and resource centre helping parents and carers protect children from sexual exploitation including e-safety advice.	Tel: 0800 1000 900 https://www.parentsprotect.co.uk/	Charity
Suicide			
Hopeline	Phone line for children/young people who are suicidal or those concerned about a child/young person who is suicidal Open 9am till midnight	Tel: 0800 068 4141 Text: 07786 209 607	
Papyrus	Suicide prevention charity	https://www.papyrus-uk.org	Charity
Tics/Tourette's			
Ticktock Therapy	Private therapy, group education	https://www.tictocktherapy.co.uk/	Private

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Apps			
Actissist (Active assistance for Psychological Therapy)	Useful Apps: Psychosis	IOS & Android http://research.bmh.manchester.ac.uk/actissist/	Download
BASE	Useful Apps: Depression and Anxiety	IOS & Android	Download
Dragon in the Attic	Useful Apps: Mindfulness	IOS & Android http://dragonapp.me/play	Download
Emoodji	Useful Apps: Mindfulness	IOS & Android http://www.emoodji.co.uk/	Download
EMoods Bipolar Mood Tracker	Useful Apps: Psychosis	IOS & Android http://emoodtracker.com/	Download
For Me	Useful Apps: Mindfulness	IOS & Android http://www.childline.org.uk/tool/for-me/	Download
Get Self Help	Useful Apps: Depression and Anxiety	IOS & Android www.getselfhelp.co.uk	Download
Headspace	Useful Apps: Mindfulness	IOS & Android www.headspace.com	Download
In Hand	Mental Health Support for children and young people.	IOS & Android	Download
Mindshift	Useful Apps: Depression and Anxiety	IOS & Android	Download
MoodTools – Depression Aid	Mental Health Support for children and young people.	IOS & Android	Download
Moodometer	Useful Apps: Mindfulness	IOS & Android http://myhealthapps.net/app/details/363/moodometer	Download

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Moodpanda	Useful Apps: Mindfulness	IOS & Android www.moodpanda.com	Download
Moodscope	Useful Apps: Mindfulness	IOS & Android www.moodscope.com	Download
Positive Penguins	Useful Apps: Depression and Anxiety	IOS & Android http://positivepenguins.com/	Download
Smiling Mind	Useful Apps: Mindfulness	IOS & Android http://smilingmind.com.au/	Download
StepFinder	Useful Apps: Mindfulness	IOS & Android http://stepfinder.org/	Download
Stop Panic and Anxiety Self-Help	Useful Apps: Depression and Anxiety	IOS & Android http://www.excelatlife.com/apps.htm#panicapp	Download
StressHeads	Useful Apps: Mindfulness	IOS & Android http://www.themix.org.uk/apps-and-tools/stressheads	Download
SuperBetter	Useful Apps: Mindfulness	IOS & Android http://www.superbetter.com/	Download
Well Mind	Mental Health Support for children and young people.	IOS & Android	Download
Youper (for Social Anxiety)	Useful Apps: Depression and Anxiety	IOS & Android http://www.youper.co/start-now	Download