

Brighton and Hove

Mental Health Response

Many of the people we know may experience mental ill-health. The impact of the Covid-19 pandemic is likely to be increased mental distress. The longer-term impact on employment and financial instability also has the potential to adversely affect individual wellbeing.

Basic training in mental health skills can enable us to support someone's wellbeing.

Knowing which services provide support with mental health and wellbeing will enable you to direct someone to more specialist help if they need it.

For more information please email Public Health Mental Health Specialist

PublicHealth@brighton-hove.gov.uk

Suicide Prevention Training

Free **online and face-to-face training** is available from Grassroots

Download the **suicide prevention app**

Drug and Alcohol Services

To contact call on **01273 731900** or email **[Brighton and Hove Recovery Service](#)**

Suicide?

Need someone to talk to? Call Samaritans on **116 123** and look at **[Preventing Suicide in Sussex](#)**

Build your skills

by taking the online **[Psychological First Aid Training](#)**:

Psychological First Aid (PFA) provides training in how to provide initial mental health support, and to help people cope, adapt and recover from their experiences.

A downloadable Award certificate is available on completion of this training.

Help people

Help people to develop ways of supporting their mental wellbeing online, by directing them to the **[Every Mind Matters](#)** website and **[Rise Above](#)**, for young people.

Signpost to further assessment or support

Look at the **information overleaf**. You should consider directing someone to their GP, Wellbeing or a mental health service if they:

- Have any mental health difficulties that are impacting on their relationships, sleep, appetite or activities of daily living
- Have any thoughts of harming themselves or others
- Are using alcohol or drugs to cope

If you are unsure of the appropriate action, escalate to your supervisor or line manager for guidance


Brighton and Hove
Clinical Commissioning Group


communityroots
Mental Health & Wellbeing Support in Brighton & Hove


Brighton and Hove
Wellbeing
Service


Sussex Community
NHS Foundation Trust


Brighton & Hove
City Council

Mental Health Services in Brighton & Hove

(accurate as at Winter 2020)

Community Roots

is a group of sixteen community groups working together to provide prevention, wellbeing and recovery support for people with a range of mental health issues. Support for carers and families is also available.

A Freephone Central Access Point phone number is operated by a team of Community Navigators who can guide people through the support available and provide professional advice.

Self-refer online Tel: **0808 196 1768**.

Open Monday to Friday 9-5pm.

Brighton and Hove Wellbeing

service supports people with mild to moderate mental health difficulties. The service provides talking therapies to adults (18+) with mild to moderate depression, anxiety disorders and some trauma. The Children and Young People's (CYP) service provides a range of treatment for young people from 4-25 who require support for anxiety, low mood, stress and phobias.

Self-refer online Tel: **0300 002 0060**

Email: spnt.brightonwellbeing@nhs.net

Sussex Partnership Foundation Trust (SPFT)

is the specialist mental health service. Access to support is via GP and primary care team and other professional referral routes.

Find more information about the Trust

Primary Care

GP's are continuing to provide mental health support. Contact is via GP Surgery in the usual way.

All local mental health services are using a combination of telephone, digital (text, web and online support) as well as in-person support.

Sussex Mental Healthline

provides direct support for mental wellbeing and signposting to other services. Sussex Mental Healthline 24/7 telephone service: **0300 5000 101**.

Mental Health Rapid Response Service (MHRRS)

provides support for adults (18+) experiencing a mental health crisis. Anyone can refer, **0300 304 0078** - if the line is busy, an advice message will be given.

Brighton & Hove City Council

provides support for social care, education, housing, finance and related public services. Go to the **Brighton & Hove website for more information**

Supporting your own Health and Wellbeing

Every Mind Matters **gives useful guidance on keeping yourself well.**

For Parent/Carers of school age children

contact your school's Special Educational Needs Co-ordinator (SENCO) for information about the Schools Wellbeing Service.