

# Mental Health and Counselling Support Directory

West Sussex, Brighton and Hove, East Sussex and National services

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## About this directory

This directory provides an overview of mental health and wellbeing services across Sussex. Services are grouped into:

- counselling and psychotherapy services
- general mental health and wellbeing support

Services may be free, low cost or funded depending on eligibility.

The directory will include services for adults for students aged 18+.

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## Counselling and psychotherapy services

### West Sussex

#### West Sussex Mind

Provides counselling, talking therapies and wellbeing support including group work and one to one sessions. Some services are free while others are low cost.

Website: <https://www.westsussexmind.org/>

Phone: 0300 303 5652

Email: [helppoint@westsussexmind.org](mailto:helppoint@westsussexmind.org)

#### Horsham and Crawley Counselling Group

Low cost counselling for adults, children and young people with reduced fees available.

Website: <https://www.hccg.org.uk/>

Phone: 01403 289900

## **Mid Sussex Counselling Centre**

Affordable counselling and psychotherapy for adults and young people.

Website: <http://www.midsussexcounsellingcentre.org.uk/>

Phone: 01273 846835

Email: [info@midsussexcounsellingcentre.org.uk](mailto:info@midsussexcounsellingcentre.org.uk)

## **NHS Talking Therapies West Sussex**

Free NHS counselling and cognitive behavioural therapy with self referral available.

Website:

<https://www.sussexpartnership.nhs.uk/our-services/community-based-services/talking-therapies>

## **Counselling for Carers West Sussex**

Counselling and emotional support for unpaid carers.

Website: <https://www.carerssupport.org.uk/counselling/>

Phone: 0300 028 8888

## **The Bower Tree**

Low cost counselling delivered by trainee and qualified therapists, available in person and online.

Website: <https://thebowertree.co.uk/>

## **LC Counselling**

Affordable counselling with flexible formats including in person, telephone and online sessions.

Website: <https://lccounselling.org/>

## **Lifecentre**

Counselling and support for survivors of sexual abuse and assault.

Website: <https://lifecentre.uk.com/>

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## **Brighton and Hove**

### **Brighton and Hove Wellbeing Service**

NHS funded psychological therapies including counselling, CBT and group support.

Website: <https://www.brightonandhovewellbeing.org/>

### **YMCA Dialogue**

Free counselling for young people aged 11 to 25, including CBT and creative therapies.

Website: <https://www.ymcadlg.org/>

## **Brighton Therapy Centre**

Not for profit organisation offering low cost counselling and psychotherapy.

Website: <https://brightontherapycentre.org.uk/>

## **Sussex Rainbow Counselling**

Low cost counselling specialising in LGBTQ+ clients, including online options.

Website: <http://www.sussexrainbowcounselling.com/>

## **Survivors' Network**

Specialist counselling for survivors of sexual violence.

Website: <https://www.survivorsnetwork.org.uk/>

Phone: 01273 720110

## **BHT Sussex Psychological Services**

Provides psychological therapy and trauma informed counselling.

Website: <https://www.bht.org.uk/>

## **RISE**

Counselling and support for people affected by domestic abuse.

Website: <https://www.riseuk.org.uk/>

## **Young Oasis**

Therapeutic and emotional support for young people affected by family substance use.

Website: <https://www.oasisproject.org.uk/>

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## **East Sussex**

### **Health in Mind**

Free NHS counselling and CBT for adults.

Website: <https://www.healthinmind.org.uk/>

Phone: 0300 003 0130

### **Sussex Community Counselling**

Low cost counselling with sliding scale fees.

Website: <https://sussexcommunity.org.uk/our-services/sussex-community-counselling/>

### **Counselling Plus Community**

Affordable counselling with reduced fee and funded places available.

Website: <https://www.counsellingplus.org/>

### **The Pelham Counselling Service**

Counselling for adults and young people with bursary funded sessions.

Website: <https://www.thepelham.co.uk/>

### **The Old Bank Wellbeing Trust**

Charitable counselling service with bursaries for those on low incomes.

Website: <https://www.theoldbankwellbeing.org.uk/>

### **Young Oasis**

Therapeutic and emotional support for young people affected by family substance use.

Website: <https://www.oasisproject.org.uk/>

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## **National counselling services**

### **Counselling for Social Change**

Low cost online counselling with sessions from approximately £13.

Website: <https://www.counsellingforsocialchange.org.uk/>

### **The Counselling Foundation**

Affordable counselling and psychotherapy including remote sessions.

Website: <https://counsellingfoundation.org/>

### **Help Counselling**

Low cost remote therapy with flexible session limits.

Website: <https://www.helpcounselling.com/>

### **Cruse Bereavement Support**

Bereavement counselling across the UK.

Website: <https://www.cruse.org.uk/>

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# General mental health and wellbeing support

## West Sussex

### Be OK Youth Mental Health

Support for ages 16 to 25 including mentoring, group work and resilience building.

Website: <https://e-wellbeing.co.uk/services/be-ok-youth-mental-health/>

### Youth Emotional Support Service

Early intervention emotional wellbeing support with referrals to further services.

Website: <https://www.westsussex.gov.uk/education-children-and-families/your-space/>

### West Sussex Single Point of Access

NHS referral gateway connecting young people to specialist services.

Website: <https://www.sussexcamhs.nhs.uk/>

### Richmond Fellowship Pathfinder

Recovery focused mental health support and peer support services.

Website: <https://www.richmondfellowship.org.uk/>

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## Brighton and Hove

### Mind in Brighton and Hove

Wide range of mental health services including advocacy and peer support.

Website: <https://www.mindcharity.co.uk/>

### Switchboard LGBT+ Helpline

Information, listening support and signposting to services.

Website: <https://www.switchboard.org.uk/>

### Allsorts Youth Project

Support for LGBTQ+ young people including groups and one to one support.

Website: <https://www.allsortsyouth.org.uk/>

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## **East Sussex**

### **i-Rock Sussex**

Drop in support, advice and wellbeing guidance for ages 14 to 25.

Website: <https://e-wellbeing.co.uk/services/i-rock-east-sussex/>

### **Southdown**

Recovery services, supported housing and mental health support.

Website: <https://www.southdown.org/>

### **Seaview Project**

Mental health and wellbeing support for people with complex needs.

Website: <https://www.seaviewproject.org.uk/>

### **Holding Space Hastings**

Peer support and low cost wellbeing services.

Website: <https://www.holdingspace.org.uk/>

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## **National support services**

### **Samaritans**

24 hour emotional support helpline.

Phone: 116 123

Website: <https://www.samaritans.org/>

### **Shout**

24 hour text based mental health support.

Text SHOUT to 85258

Website: <https://giveusashout.org/>

### **Mind**

Information, advice and support on mental health.

Website: <https://www.mind.org.uk/>

### **Rethink Mental Illness**

Advice and support for people living with mental illness.

Website: <https://www.rethink.org/>

## **The Mix**

Support for under 25s via phone, webchat and online counselling.

Website: <https://www.themix.org.uk/>

## **NHS Sussex Mental Healthline**

24 hour urgent mental health support.

Phone: 0800 0309 500

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