



SERVICES LIST

Mental Health and Counselling

Organisation Name	Who are they?	Email	Website
PACT	Horsham & Crawley Counselling Group CIC We are a group of experienced and qualified counsellors with particular concern for children and young people. We work under the title of PACT – Parent, Adolescent and Child Team.	n/a	https://www.hccounselling.org.uk
Samaritans	Charity offers mental health support and information free online	n/a	www.samaritans.org
Calm Harm	An app to help teenagers manage/resist the urge to self-harm	n/a	n/a
Clear Fear	An app to help children and teenagers manage anxiety	n/a	n/a
Combined Minds	This app contains psycho-education for parents, families and friends with practical advice on how to provide mental health support to children and young people	n/a	n/a

NHS Every Mind Matters	Website offers a range of MH advice	n/a	www.nhs.uk/oneyou/every-mind-matters
Papyrus	Mental health charity dedicated to preventing young suicide	n/a	www.papyrus-uk.org
Kooth	Site containing free mental health support for young people	n/a	www.kooth.com
Carers Support	Carers support West Sussex offers help to carers. Services offered include emotional support support groups, and access to funding and equipment. They can offer one to one support for specialist carers and offer Shine for young adult carers 18-25 in West Sussex	info@carerssupport.org.uk	www.carerssupport.org.uk
Beacon House	Beacon House is a Therapeutic Service and Trauma Team. They offer families a range of therapies and hold Parent Seminars, covering a variety of subjects, giving some practical strategies that can be tried at home.	n/a	https://beaconhouse.org.uk/?section=welcome-to-beacon-house
Reaching Families	Reaching Families offer Workshops/training for parents, to support them on a wide variety of subjects. The workshops are aimed at parents and carers of children and young people with additional needs and/or disabilities.	n/a	https://www.reachingfamilies.org.uk/

<p>Youth Emotional Support (YES) West Sussex County Council</p>	<p>Youth Emotional Support (YES) is a free service for young people aged 11-18 looking for support with their well-being. The type of help we can offer includes one-to-one support and group working. We can also tell you about online or face to face counselling and other agencies that can support and offer advice.</p>	<p>n/a</p>	<p>Youth Emotional Support (YES) service - West Sussex County Council</p>
<p>Pathfinder</p>	<p>Pathfinder is a new initiative to streamline access to mental health support in West Sussex. Sussex Partnership have joined forces with ten established third sector providers in West Sussex to ensure that people with mental health needs can find the right support. The service offers to walk alongside people to help them access the right healthcare for them, this could be primary, secondary or third sector care. By providing a single point of contact the service hopes to help keep people well as they can signpost them quickly to where they need to be and prevent someone becoming more unwell as they try</p>	<p>n/a</p>	<p>https://www.pathfinderwestsussex.org.uk/</p>

	to navigate services without support.		
Chat Health	<p>ChatHealth is a secure and confidential text messaging service for young people, aged 11-19. It provides an easy and anonymous access with a healthcare professional for advice and support.</p> <p>The service provides information about sensitive issues on:</p> <ul style="list-style-type: none"> •stress and anxiety •bullying •self-harm •alcohol and drugs •sex, contraception and relationships •sensitive issues •any other health matters you are concerned about <p>Texts will be responded to by the school nursing team within one working day.</p> <p>The service also provides more information about accessing other</p>	n/a	https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22988

	local services including getting help with emotional health, weight management and healthy relationships.		
BEAT	Training and workshop opportunities available for parents/carers around Eating Disorders	n/a	https://www.beateatingdisorders.org.uk/
YourSpace	West Sussex's site for young people	n/a	https://www.westsussex.gov.uk/education-children-and-families/your-space/
Young Minds	Includes resource booklets, self-help guides, service directory and a parent and carers helpline	n/a	https://youngminds.org.uk/
Anna Freud National Centre for Children and Families	A new initiative has launched to help young people have more engagement in mental health support and to give them a greater say in the treatment they receive and the outcomes they desire. An online resource.	n/a	https://www.annafreud.org/on-my-mind/
MIND - West Sussex Children & Young Persons Wellbeing and Mental Health Advocacy Service	For young People aged 11 – 18 living in the West Sussex area who are in the community or who are informal inpatients. We listen to and support young people, we are on your side and can talk to you about your choices, give you information and help at meetings.	Info@mindcharity.co.uk alan.dazely@mindcharity.co.uk	https://www.mindcharity.co.uk/services/services-in-west-sussex/

Your Space Therapies	<p>We provide a counselling and play therapy service for over 90 schools and colleges in East and West Sussex, Social Care services, Young Carers, Think Family, Children and Young People’s Planning Forum and The Virtual School for Looked After Learners.</p>	info@yourspacetherapies.org	http://yourspacetherapies.org
YMCA Downslink Group	<p>YMCA Dialogue offers face-to-face and online counselling for young people aged 11 to 18 in West Sussex. Counselling sessions take place in Billingshurst, Bognor Regis, Burgess Hill, Chichester, Crawley, East Grinstead, Haywards Heath, Horsham, Lancing, Littlehampton, Midhurst, Shoreham and Worthing.</p>	community.counselling@ymcadlg.org	https://www.ymcadlg.org/health-and-wellbeing/dialogue/community-based-counselling-services/
	<p>e-wellbeing is a service available to young people aged 11-18 who are experiencing mild to moderate mental health difficulties such as anxiety and depression. e-wellbeing allows young people to connect with an experienced and qualified counsellor online for weekly sessions in a secure and confidential platform. While logged on to the platform young people have access to a range of</p>		https://e-wellbeing.co.uk/

	mental health modules, psycheducation materials and interactive mood/health diaries to support their counselling sessions		
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