

Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
Eating Issues	Beating Eating Disorders www.b-eat.co.uk	Help for young people: The Beat Youth line is open to anyone under 18.	Youthline: 0808 801 0711 email: fyp@beateatingdisorders.org.uk
	NHS Self Help APP - Eating Disorders https://web.nhs.uk/selfhelp/	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/
Gender	ALLSORTS www.allsortsyouth.org.uk - to refer online	Support for young people who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.	Address: YPC, 69 Ship Street, Brighton, BN1 1AE. Phone: 01273 721100 Email: youth@allsortsyouth.org.uk www.allsortsyouth.org.uk - to refer online Also for parent support, ALLSORTS hold monthly groups – contact: families@allsortsyouth.org.uk
Bereavement Support	Winstons Wish:	The Winston's Wish Freephone National Helpline is a vital support tool for those coping with bereavement. It is manned by trained clinical practitioners and is free and confidential.	Call 08088 020 021 for free advice and support.
	Cruse Bereavement http://www.cruse.org.uk/		Tel: Helpline – 0808 808 1677

	NHS Self Help APP - Bereavement https://web.nhs.uk/selfhelp/	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/
Suicide Prevention/Self-Harm	Hope Line UK	If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.	Call: 0800 068 4141 Text: 07860039967 or Email: pat@papyrus-uk.org 24 hours a day, every day
	Samaritans www.samaritans.org	Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.	Tel: 116123 or Email jo@samaritans.org
	NHS Self Help APP - Self Harm https://web.nhs.uk/selfhelp/	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/
Substance misuse	FRANK www.talktofrank.com :	Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.	Freephone 0300 123 6600 (24 hour service, free if call from a landline and won't show up on the phone bill, provides translation for non-English speakers)
	Young Minds www.youngminds.org.uk	Information for young People and Parents Join the online campaign – Talk about school stress, bullying, sexual pressure, unemployment, etc.	Parent Helpline: 0808 802 5544 (free for mobiles and landlines - Monday-Friday 9.30-4pm) Text: SHOUT to 85258
	The Mix	The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.	Helpline (ages 11-25): 0808 808 4994 - 4pm-11pm Monday to Friday
	NHS Self Help APP - Alcohol and You	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/

	https://web.ntw.nhs.uk/selfhelp/		
Gender issues	ALLSORTS www.allsortsyouth.org.uk	Support for young people who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.	Address: YPC, 69 Ship Street, Brighton, BN1 1AE. Phone: 01273 721100 Email: youth@allsortsyouth.org.uk www.allsortsyouth.org.uk - to refer online Also for parent support, ALLSORTS hold monthly groups – contact: families@allsortsyouth.org.uk
	Mermaids https://mermaidsuk.org.uk/	Mermaids supports trans, non-binary and gender-diverse children, young people and their families.	Monday-Fri 9am-9pm 08088010400 Online chat forum: https://mermaidsuk.org.uk/contact-us/
Mental Health	Rethink Mental Illness	This website offers advice and information. They have useful factsheets that can be downloaded. They offer general advice with regards to mental health.	Website: www.rethink.org General Enquiries: 0121 522 7007
	Mind	Mind has many available resources, help and advice detailed on the website for young people, parents and professionals.	Info line: 0300 1233393 website www.mind.org.uk
	Health in Mind https://www.healthinmind.org.uk/what-we-do	Health in Mind receive many referrals from people who don't know what's wrong. They encourage people to identify symptoms and make a referral sooner. Tackling issues at an early stage means quicker access to treatment and can prevent symptoms worsening.	Online self referral page: https://www.healthinmind.org.uk/referral
	The Bower Tree http://thebower-tree.co.uk/	The Bower Tree believes that access to counselling and therapy should not be limited by age, financial situation, ethnicity or social background. Their mission is to address this by offering low cost/free counselling, therapy and wellbeing sessions to individuals, groups and families in Sussex.	Email: info@tyhebowertree.co.uk
	Place2Be	Provides mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.	https://www.place2be.org.uk/
	The Old Bank Wellbeing Trust	A charitable organisation providing counselling and psychotherapy services.	https://theoldbankwellbeing.org.uk/

Help for Parents	This May Help	Videos for parents and young people for advice on all aspects of mental health.	https://thismayhelp.me/
	ESCC Open for Parents www.openforparents.org.uk/top-10-tips-for-parents/	Open for Parents/Carers provide information, advice and support for parents and carers who want to support their child's development and wellbeing. They may be experiencing some difficulty with managing their child's behaviour or simply want some tips and strategies for dealing with common childhood and teen issues.	Tel: 01424 725800 Email: EH.0-19parentingteam@eastsussex.gov.uk
	The Triple P Program	The Triple P program offers talks, one-off groups, longer courses, brief one-to-one support and online courses Support is available in a wide range of places, including schools and local community venues.	Tel: 01424 725800 Email: EH.0-19parentingteam@eastsussex.gov.uk
	ADHD Support group (St. Leonards)	Support group meeting every other Monday at the Y Centre - 6.30pm to 8pm. Members from 16 years plus who have a diagnosis of ADHD (must be accompanied) Members from 16 years plus who suspect they have ADHD by parent/carer) Adults who are supporting someone with ADHD, including children with a diagnosis Adults with ADHD and a co-existing disorder such as autism. The Group have some very in depth discussions and a lot of good humour. Tea, coffee, juice and biscuits are provided!	Facebook page: https://www.facebook.com/Y-Centre-YMCA-Hastings-UK Address: The 'Y' Centre, St. Paul's Road, St. Leonards-on-Sea, East Sussex, TN37 6RS
	Family Lives	Support, guidance and forums for parents and carers.	www.familylives.org.uk/ 24/7 helpline: 0808 0800 2222 email: askus@familylives.org.uk
	Holding pace	They offer parent/ carer peer support to families whose children are struggling with their mental health.	https://www.holdingspace.org.uk/
Anxiety Support	Helpline http://www.nopanic.org.uk/youth-helpline/ email: sarah@nopanic.org.uk	Helpline is a confidential helpline for those aged between 13 and 20 years old which aims to help young people with anxiety, panic, phobias, obsessive compulsive disorder and the specific anxieties that young people experience.	Youth Helpline: 0300 772 9844 - 365 days of the year 10am-10pm Website: http://www.nopanic.org.uk/youth-helpline/ email: sarah@nopanic.org.uk

	Get Self Help	Website for information and helpful strategies on various issues, including stress, anxiety, anger, depression.	www.getselfhelp.co.uk
	NHS Self Help APP - Anxiety; Social Anxiety; Stress; Sleep Problems; Panic; Health Anxiety; Depression and Low Mood; Controlling Anger https://web.nhs.uk/selfhelp/	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/
	The Teen Anxiety Coach	Online or face to face anxiety hypnotherapist sessions.	https://www.theteenanxietycoach.co.uk/
	Clear Fear App	The Clear Fear app provides support in learning to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	https://www.clearfear.co.uk/
Online Support, Guidance and Resources	Mind	Information about children's and young people's mental health, how to understand what might be going on for them and how to support them.	www.minded.org.uk
	ChildLine	Online chat, message boards. Childline is the UK's free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects.	Freephone: 0800 1111 (24 hours) www.childline.org.uk
	Children's Legal Centre	The Children's Legal Centre is a charity that promotes children's rights and gives legal advice and representation to children and young people.	Child Law Advice Line 0300 330 5480 (Freephone) www.lawstuff.org.uk
	HeadMeds www.youngminds.org.uk	Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.	www.youngminds.org.uk/youngpersons/medications

	The Mix www.themix.org.uk	Essential support for under 25s	www.themix.org.uk/get support
	The CalmZone www.calmzone.net	Is an online guide to life for 16 - 25 year olds. It provides non-judgemental support and information on everything from sex and exam stress to debt and drugs	www.thecalmzone.net/agency/thesit-org Tel: 0800 585858
	Sussex Mental Health Line	For support and advice about concerns about your own or someone else's emotional wellbeing 24/7	111 and select option 2 or 0800 0309 500
	Care for the Family	Advice and support to help you in your family circumstances, whether it's getting married, having a new baby, or raising teenagers.	https://www.careforthefamily.org.uk/
Support for young people with Autism	Spectrum	<p>Spectrum work across East Sussex to support young people with autism to independently access their community.</p> <p>Support to manage everyday activities such as travelling via public transport, and attending personal appointments or accessing recreational clubs and social activities</p> <p>Skills based training and one to one outreach, 6 sessions life skills award</p> <p>No diagnosis needed.</p>	<p>Tel: 01323 762024</p> <p>Email: Spectrum@eastsussex.gov.uk</p> <p>Website: www.eastsussex.gov.uk/spectrum (referrals can be made via this website)</p> <p>Facebook: www.facebook.com/spectrumautismsupport</p>
	Communication, Learning and Autism Support Service (CLASS)	<p>Accessed through iSEND and work with teachers to develop their practice in the areas of speech, language and communication needs including Autism</p> <p>1:1 work from a practitioner offered, including work with the young person directly, as well as small group work interventions on an identified need (e.g. social skills groups)</p> <p>CLASS offers a package of core support to secondary schools to build capacity within the school to successfully support students with additional communication and learning needs.</p> <p>No diagnosis required</p>	<p>Tel: 01273 336887</p> <p>Email: class@eastsussex.gov.uk</p>
	CLASS Plus (CLASS+)	<p>Class + works across East Sussex to support families/ carers of young people on the autism spectrum</p> <p>Class + aims to enable the families/ carers to build their understanding of the</p>	<p>Email: class@eastsussex.gov.uk</p> <p>Facebook: www.facebook.com/CLASSPlusEastSussex</p>

		strengths and challenges faced by children and young people on the spectrum, thereby developing greater confidence to support them.	
	CASS Counselling & Autism Spectrum Support	<p>CASS is a counselling support service predominantly for those on the Autism Spectrum and their care givers.</p> <p>Additional to counselling, CASS also offer mentoring/ befriending with a mentor, which is more about buddying-up, not fixing anything as such. This is a great way for people on the spectrum to socialise and learn new skills in a safe and supported environment, increasing their confidence.</p>	<p>Tel: 07769 218986</p> <p>Website: www.casscounselling.co.uk</p> <p>Email: admin@casscounselling.co.uk</p>
	Amaze SENDIASS (Special Educational Needs and Disability Information, Advice and Support Service)	<p>Independent advice and support for parents and carers of children and young people with SEND</p> <p>Young people 16-25 can also get advice</p>	<p>Tel: 01273 772289 Monday – Friday 9.30-5.00pm</p> <p>Website:amazesussex.org.uk</p> <p>Email: sendiass@amazesussex.org.uk</p>
I ROCK/ Drop-In SERVICES	i-Rock Drop-in	<p>Support for children and adults from 14-25 years of age.</p> <p>Email the email address to the right to book a face to face appointment in Eastbourne, Hastings or Newhaven.</p> <p>Reaching young people remains IRocks number one priority.</p> <p>They can be contacted through their virtual platform Attend Anywhere, or make an appointment face to face on the days they are open.</p>	<p>Monday-Friday: 11am-6pm - live chatline 11-6pm</p> <p>Email: irockeastsussex@spft.nhs.uk</p>
	Open for parents (Triple P) www.openforparents.org.uk	<p>Open for parents provide information, advice and support for parents and carers who want to support their child's development and wellbeing. They may be experiencing some difficulty with managing their child's behaviour or simply want some tips and strategies for dealing with common childhood and teen issues.</p> <p>The Triple P program offers talks, one-off groups, longer courses, brief one-to-one support and online courses</p>	<p>www.openforparents.org.uk</p> <p>Tel: 01424 725800</p> <p>Email: EH.0-19parentingteam@eastsussex.gov.uk</p>

		Support is available in a wide range of places, including schools and local community venues.	
	ADHD Support group (St. Leonards)	<p>Support group meeting every other Thursday at the Y Centre 6.30pm to 8.30pm. –</p> <p>Members from 16 years plus who have a diagnosis of ADHD</p> <p>Members from 16 years plus who suspect they have ADHD</p> <p>Adults who are supporting someone with ADHD, including children with a diagnosis.</p> <p>Adults with ADHD and a co-existing disorder such as autism.</p> <p>The Group have some very in depth discussions and a lot of good humour. Tea, coffee, juice and biscuits are provided!</p>	<p>01424 429677</p> <p>email: ycentre2015@gmail.com</p> <p>Facebook page: https://www.facebook.com/Y-Centre-Y-MCA-Hastings-UK</p> <p>Address: The 'Y' Centre, St. Paul's Road, St. Leonards-on-Sea, East Sussex, TN37 6RS</p>