

Mental Health Support

Organisation	Description	Services	Contacts
Online Community			
Elefriends	Supportive online community	<ul style="list-style-type: none"> • Listen, share and be heard • Moderated from 10am to midnight 	https://www.mind.org.uk/information-support/support-community-elefriends/
Frazzled	Peer support meetings throughout the day	<ul style="list-style-type: none"> • Safe and confidential space • Small groups of up to 12 people • Larger groups of up to 50 • All groups are facilitated 	https://www.frazzledcafe.org/virtual
Website			
Headspace	Advice on sleep, meditation, reducing stress & Anxiety, Movement and Healthy Living	<ul style="list-style-type: none"> • Apps • Online advice • 1week free small monthly charge for continuing support 	https://www.headspace.com/
Our Front Line	For frontline health, care, emergency and key workers support for mental health	<ul style="list-style-type: none"> • One to one support by call or text • Resources , tips and ideas 	https://www.mentalhealthatwork.org.uk/ourfrontline/
Mind - Mental Health Charity	When you're living with a mental health problem, or	<ul style="list-style-type: none"> • Helplines • Where to get help near you • Online materials 	<p>0300 123 3393 info@mind.org.uk Text: 86463 Post: Mind Infoline, PO Box 75225, London, E15 9FS</p>

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	supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues	<ul style="list-style-type: none"> • Text Service 	https://www.mind.org.uk/information-support/helplines/
Rethink	Our Advice and Information Service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, debt and carers rights. We also offer general information on living with mental illness, medication and care.	<ul style="list-style-type: none"> • Helplines • Where to get help near you • Online materials • Email Service 	https://www.rethink.org/ tel:03005000927 : RAIS, PO Box 17106, Birmingham, B9 9LL. Please remember to include your return address and date of birth so we can deal with your enquiry. advice@rethink.org
Get Self Help	Online Psychological therapy resource offering a wide range of cognitive behavioural therapy resources	<ul style="list-style-type: none"> • Self-help Information • Worksheets • Handouts 	https://www.getselfhelp.co.uk//

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Moodscope	Helps treat depression by using your friends	<ul style="list-style-type: none"> Measures daily mood Blogs 	https://www.moodscope.com/
West Sussex Wellbeing	Information about your local wellbeing hubs	<ul style="list-style-type: none"> Information Advice Support 	https://www.westsussexwellbeing.org.uk/
No More Panic	Website for those with Panic, Anxiety, Phobias and OCD	<ul style="list-style-type: none"> Support Advice Connect with like minded people 	https://www.nomorepanic.co.uk/
Silverline	Confidential free helpline for older people across the UK open every day and night	<ul style="list-style-type: none"> Information Friendship Advice Befriending Calls 	08004708090 info@thesilverline.org.uk http://www.thesilverline.org.uk
Telephone Service			
Sussex Mental health Line	Helpline that can support you with any mental health issues.	<ul style="list-style-type: none"> Telephone support 	0300 5000101
The Samaritans	Need to talk to someone who listens but will not judge or tell you what to do.	<ul style="list-style-type: none"> Phone contact 24/7 Can also email if you do not wish to call. 	Call 116 123 Can email jo@samaritans.org
Apps			
Big White Wall	16+ Online Community for people who are stressed, anxious or feeling low. The service has an active forum	Apps Online advice Online forum	https://www.nhs.uk/apps-library/big-white-wall/

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	with round the clock support from trained professionals		
Catch It	Learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way.	<ul style="list-style-type: none"> • Support • Work through individual situations step by step 	https://www.nhs.uk/apps-library/catch-it/ Available directly through the App store or google play.
Chill Panda	Learn to relax, manage your worries and improve your wellbeing	<ul style="list-style-type: none"> • Tasks and activities to improve mood 	https://www.nhs.uk/apps-library/chill-panda/ Available directly through the App store or google play.
Cove	Create music to capture your mood and express how you feel	<ul style="list-style-type: none"> • Distraction technique • Express in another form 	https://www.nhs.uk/apps-library/cove/ Only available for App Store
My Possible Self: The Mental Health App	Simple learning modules to manage fear, anxiety and track symptoms to better understand your mental health	<ul style="list-style-type: none"> • Advice • Mood tracker • Free Module to undertake 	
Stress and Anxiety Companion	Helps to handle stress and anxiety on the go. Using breathing exercises,	<ul style="list-style-type: none"> • Teaches breathing techniques • Relaxing music • Games 	https://www.nhs.uk/apps-library/stress-anxiety-companion/ Available on the App store or Google Play.

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	challenge negative		
Thrive	Thrice helps prevent and manage stress and anxiety	<ul style="list-style-type: none">• Games• Mood tracker	https://www.nhs.uk/apps-library/thrive/ Available on the App store and Google Play