

We understand that finding the right support can be challenging, so let us make that search easier for you...



## How we help...

Our Brighton & Hove-based team can advise about free local support services, connecting you with others and improving your mental wellbeing.



**Freephone 0808 196 1768**

We are 17 local organisations working together to improve the mental wellbeing of people across Brighton and Hove.



allsorts youth project



Cruse Bereavement Support

FABRICA



GRASSROOTS SUICIDE PREVENTION



The Hangleton & Knoll Project  
Working for a better community

Switchboard  
Connecting you to LGBTQ support

mind in Brighton and Hove

mind OUT  
LGBTQ mental health service

MONEY ADVICE PLUS

Rethink Mental Illness

Southdown

the clare project



YMCA DOWNSLINK GROUP

## Get in touch

We're available Monday to Friday, 9am – 5pm



**Freephone:**

0808 196 1768



**Chat with us by email:**

chat@uok.org.uk



**Arrange a call back at:**

www.uok.org.uk/talk-to-us

## Inclusivity for all

We are a neurodivergent, LGBTQ+, class, race, age and disability friendly service. We are committed to learning and striving toward a more inclusive and person-centred approach, by listening to your experience and providing meaningful information and advice according to your need.

If you have any specific requirements e.g. a preference to speak to a male/female staff member, require an interpreter or have any other needs please let us know.

## Follow us:



@UOKBrightonHove