

# Support for Migrants, Refugees and Asylum Seekers in Brighton and Hove

Find local services, help and support at  
**[www.refugeehelpbrightonandhove.org.uk](http://www.refugeehelpbrightonandhove.org.uk)**

- Housing and accommodation
- Learning English
- Food
- Money, welfare and benefits
- Mental health and wellbeing
- Physical health and health care
- Social and leisure activities
- Immigration advice and support
- Work and learning
- Spirituality, faith and religion
- LGBTQ+
- Abuse, violence and community safety

Scan the code



## Emergency Help

- Police, Ambulance, Emergency Services **999**
- Samaritans **116 123**
- Adult Social Care **01273 29 55 55**
- Front Door for Families **01273 290400**
- Sussex Mental Healthline **0800 0309 50**