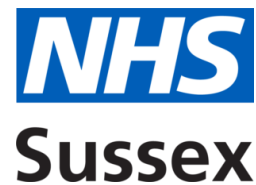




# Local mental health & wellbeing support

Southdown



Why does UOK exist?

# Why

How do we  
make a difference?

# How



What does UOK offer?

# What



**1 in 4** people in the UK will  
experience a mental health problem  
of some kind each year (Mind)



# Our city and mental health

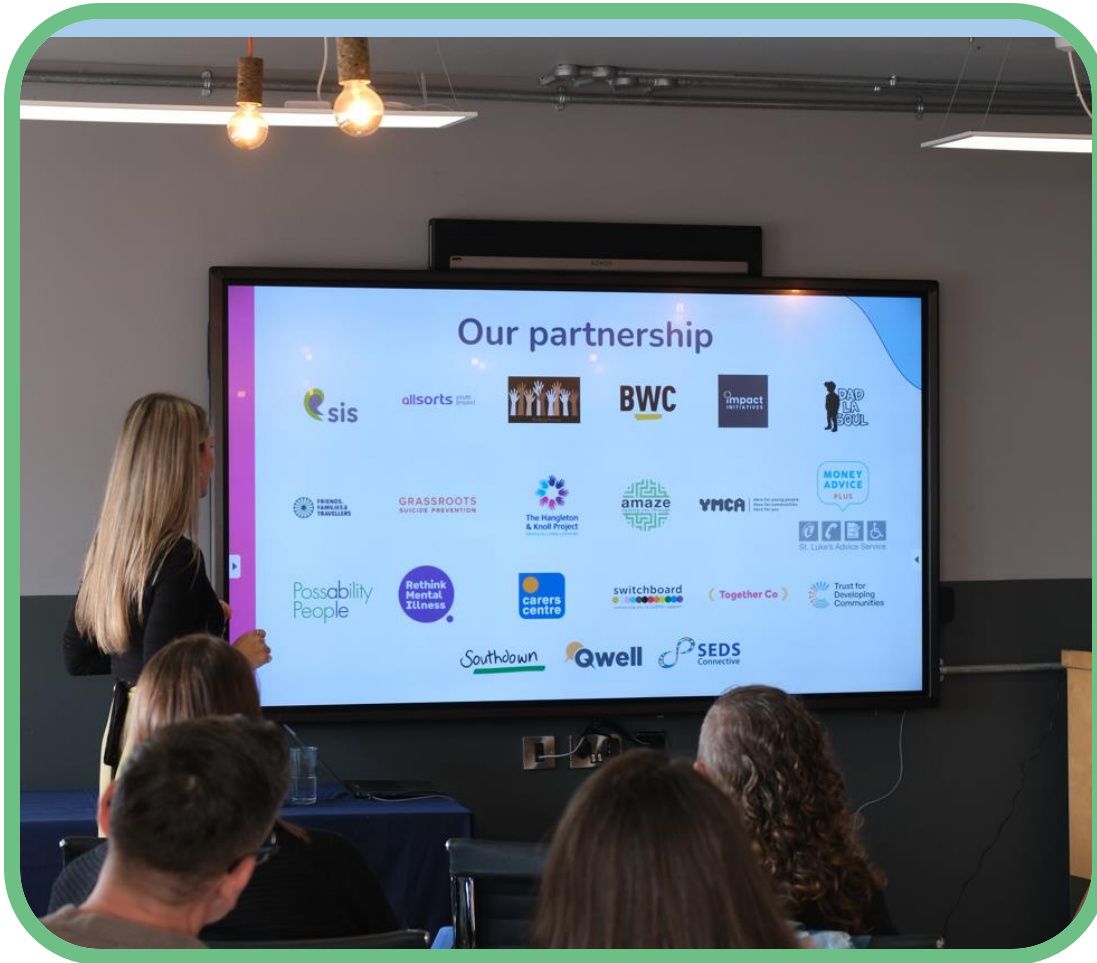
- Between 2021 and 2023, city suicide rates were **1.5 times higher** than the England average. Overall, Brighton & Hove has the **sixth highest rate** in the country and the highest rate for deaths by suicide in women
- 24% of residents recorded a **low happiness** score and 9% have **self-harmed** in the last 12 months (Health Counts 2025)
- **14% of MH admissions** in B&H have had **no prior contact with MH services** - highlighting the need for accessibility (Sussex average 5.7%)

# Our mission

... is to help adults in Brighton & Hove find and receive the support they need at the right time and promote good mental health and wellbeing for all.

**We are your connection to local mental health and wellbeing support.**

# UOK Brighton & Hove is...



- A partnership of **21** community-based organisations
- Working together to support good mental health and wellbeing
- Delivered by Southdown
- ✓ Accessible, preventative services
- ✓ Inclusive
- ✓ Community-driven

Southdown

**NHS**  
Sussex

  
Brighton & Hove  
City Council

**U  
OK**  
BRIGHTON  
& HOVE

# UOK B&H's new offer

Mental health and wellbeing support services for people 18+ and living in Brighton & Hove



- Central Access Point (CAP)
- Money advice
- Suicide support
- Qwell
- Psychosocial 1:1s and groupwork
- Drop-ins
- Wellbeing activities
- Employment support
- Events
- Campaigns
- Training
- Connecting with and listening to communities
- Co-production
- Language support
- Partnership working

Knock Knock!

Who's there?

UOK

UOK who?

Your local mental health  
and wellbeing service!





# Our partnership





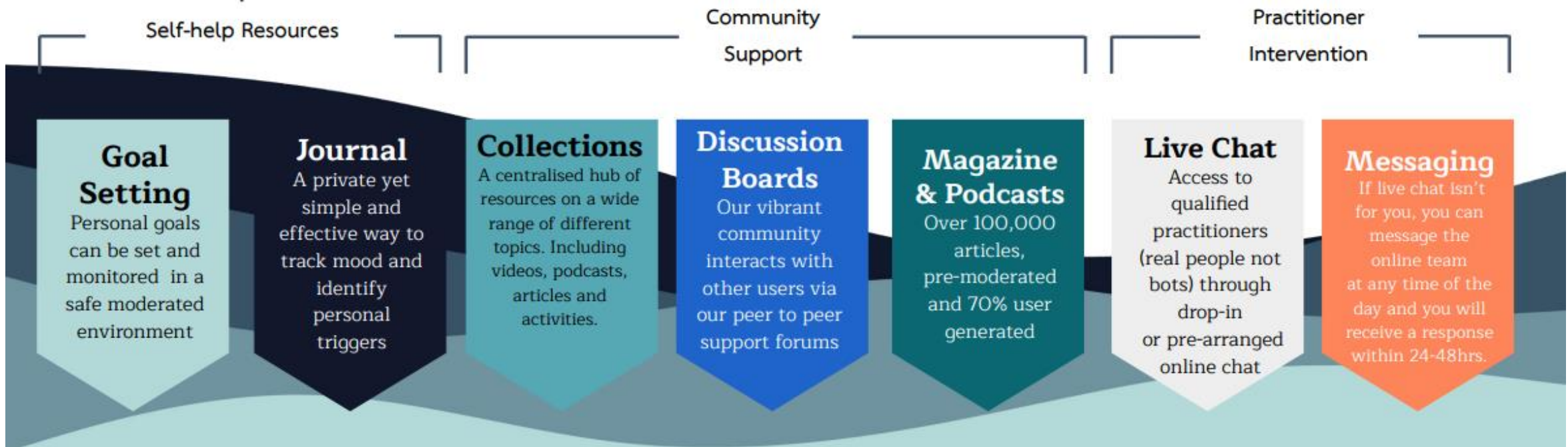
**bacp** | Accredited  
collective mark Service

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# Qwell is a digital tool mental health and wellbeing platform

You can access the platform anonymously  
24/7, every day of the year



# Qwell is a good option for...

- Immediate support for people while they wait for specialist services including Talking Therapies
- Help for those that do not meet thresholds or criteria for other services
- 'Out of hours' support with practitioners online until 10pm each night
- Aftercare when leaving other services
- An alternative to traditional community services
- Support for those who wish to remain anonymous
- A space to 'try it out' before choosing face to face therapies
- Early intervention and prevention



# Staying Well

- Walk-in service for people experiencing a self-defined mental health crisis
- Get help and support without needing to make an appointment
- Safe, supportive and therapeutic environment
- Open 7 days a week, 365 days a year

## Brighton opening hours

- Weekdays - 5pm to 10.30pm
- Weekends - 3pm to 10.30pm



Southdown



# UOK's Central Access Point

Managed by Together Co

- Phone
- Email
- Arrange a call back

Or visit our website

[www.uok.org.uk](http://www.uok.org.uk)



 Together Co 



# Please get in touch if you or someone you know needs support.

## 0808 196 1768

All calls are free, and lines are open

Monday to Friday, 9am to 5pm (excluding bank holidays)

Visit our website: [www.uok.org.uk](http://www.uok.org.uk) (access to Qwell)

Or email: [chat@uok.org.uk](mailto:chat@uok.org.uk)



( Together Co )



Thank you 😊

Any questions?



Please follow us for updates!



@UOKBrightonHove



/showcase/uok-mental-health



@uokbrightonhove