

## Support services for West Sussex HIV+ Clients

Service Name and contact details	Service offer	Areas covered
<b>Mental health and HIV wellbeing support</b>		
<p><b>MindOut</b></p> <p><a href="https://mindout.org.uk/">https://mindout.org.uk/</a></p> <p>MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people.</p> <p>We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.</p>	<ul style="list-style-type: none"> <li>• online support service for emotional and practical advice, which can be accessed here: <a href="https://www.mindout.org.uk/get-support/mindout-online/">https://www.mindout.org.uk/get-support/mindout-online/</a></li> <li>• counselling service for emotional support over the course of 12 weeks</li> <li>• Peer support groups around feeling suicidal or issues in employment, as well as specific groups for different sections of the community and wellbeing sessions around specific issues you might be experiencing</li> <li>• advocacy service that provides practical 1:1 support and representation around specific issues you might be facing</li> <li>• peer mentoring scheme for person-centred individual community support</li> <li>• Telephone befriending for people experiencing loneliness and isolation</li> </ul> <p>All of these services can be seen at <a href="http://www.mindout.org.uk/get-support">www.mindout.org.uk/get-support</a></p>	<p>All areas of West Sussex can access these services</p>
<p><b>Mind West Sussex</b></p> <p>Mental health charity offering a range of support in different areas of West Sussex to those experiencing MH difficulties.</p> <p><a href="https://www.westsussexmind.org/">https://www.westsussexmind.org/</a></p>	<ol style="list-style-type: none"> <li>1. <a href="https://www.westsussexmind.org/help_and_support/specialist-services/support-for-younger-people">https://www.westsussexmind.org/help_and_support/specialist-services/support-for-younger-people</a> - MIND support for young people age 16-25, group/ social support and 1:1 support from trained youth workers</li> <li>2. <a href="https://www.westsussexmind.org/help_and_support/specialist-services/older-people-65">https://www.westsussexmind.org/help_and_support/specialist-services/older-people-65</a></li> </ol> <p>Bognor, Midhurst and Chichester areas over 65's support which include:</p>	<p>Youth services in all areas of west Sussex (contacts via web link)</p> <p>Bognor, Chichester and</p>

	<ul style="list-style-type: none"> <li>• Social meetings</li> <li>• Arts and creative activities</li> <li>• Physical well-being sessions</li> <li>• Mindfulness and mental well-being</li> <li>• One-to-one support</li> </ul> <p>information and advice, and <i>peer mentoring</i> in Crawley and Horsham:  <a href="https://www.mindcharity.co.uk/services/services-in-west-sussex/peer-mentoring-horsham-crawley/">https://www.mindcharity.co.uk/services/services-in-west-sussex/peer-mentoring-horsham-crawley/</a></p>	<p>Midhurst for over 65's</p> <p>Crawley and Horsham</p>
<p><b>Sussex Oakleaf</b>  <a href="https://www.sussexoakleaf.org.uk/services/">https://www.sussexoakleaf.org.uk/services/</a></p>	<p>A Range of peer and professional one to one and group based community support for people living with mental health difficulties</p>	<p>Crawley and Mid Sussex</p>
<p><b>Richmond Fellowship</b>  <a href="https://www.richmondfellowship.org.uk/">https://www.richmondfellowship.org.uk/</a> -</p>	<p>support with housing, employment, peer support and community support relating to mental health in Chantonbury, Horsham and Chichester (services vary between areas)</p>	<p>Chanctonbury, Horsham and Chichester</p>
<p><b>Pathfinder</b> – platform allowing service users to search for wellbeing, creative, or mental health support services  <a href="https://www.pathfinderwestsussex.org.uk">https://www.pathfinderwestsussex.org.uk</a></p>	<p>A range of services are advertised here, all relating to mental health, wellbeing, community connection. Useful if you want to find out what is available in a local area as can search by postcode</p>	<p>All of West Sussex (services vary across areas)</p>
<p><b>West Sussex Wellbeing Services (run by the council)</b>  <a href="https://www.westsussexwellbeing.org.uk/change-area">https://www.westsussexwellbeing.org.uk/change-area</a></p>	<p>Range of 1:1 and group support and activities, trained behaviour change coaches and other staff offer support around all aspects of wellbeing from smoking cessation, mental health, diet and weight, exercise, brief interventions</p>	<p>Teams and services across west Sussex, see website for details</p>

<p><b>Sussex Beacon</b></p> <p>Tel 01273 694222  <a href="mailto:info@sussexbeacon.org.uk">info@sussexbeacon.org.uk</a></p> <p><a href="https://www.sussexbeacon.org.uk/services-we-provide/positive-living-programme/">https://www.sussexbeacon.org.uk/services-we-provide/positive-living-programme/</a></p>	<p>Range of day and support services including the following:</p> <ul style="list-style-type: none"> <li>• Women and Families Services</li> <li>• Wellbeing Groups</li> <li>• Mindfulness</li> <li>• Peer Mentoring Services</li> <li>• Community Support Worker</li> </ul> <p>Inpatient stays also available by referral and agreement with local commissioners in West Sussex</p>	<p>All areas of west Sussex</p> <p><b>Limited but available outreach support and peer mentoring for complex clients in west Sussex needing additional support</b></p>
<p><b>CGL Drug and Alcohol services (Change Grow Live)</b></p> <p><a href="https://www.changegrowlive.org/drug-alcohol-wellbeing-network-west-sussex">https://www.changegrowlive.org/drug-alcohol-wellbeing-network-west-sussex</a></p>	<p>One to one and group support for people with substance misuse difficulties. Self or professional referral, there are teams in each area of West Sussex, contact details on their website</p>	<p>All of West Sussex</p>
<p><b>Psychological therapies/ counselling</b></p>		
<p><b>MindOut Counselling</b> for LGBTQ+ service users</p> <p><a href="https://mindout.org.uk/">https://mindout.org.uk/</a></p>	<p>Up to 12 sessions of counselling (online)</p>	<p>Across West Sussex</p>
<p><b>Terrence Higgins Trust online (video) counselling for those affected by HIV</b></p> <p><a href="https://www.tht.org.uk/our-services/at-home">https://www.tht.org.uk/our-services/at-home</a></p>	<p>available to anyone over 18 years old who's living with HIV and is completely free of charge.</p> <p>Our counsellors can help you with issues such as anxiety, distress or concerns relating to HIV or your diagnosis.</p>	<p>Across West Sussex</p>

<p><b>Life Centre Counselling Service</b></p> <p><a href="https://lifecentre.uk.com/support/">https://lifecentre.uk.com/support/</a></p> <p>Tel: 01243 786349</p>	<p>Counselling, email counselling and advice and support for those affected by rape or sexual abuse whether recent or historical.</p> <p>National helpline <b>0808 802 0808</b></p> <p>National text helpline <b>07717 989 022</b></p>	<p>All of West Sussex (clinics in Worthing, Crawley and Chichester)</p>
<p><b>Time to Talk NHS Psychological Therapies</b></p> <p><a href="https://www.sussexcommunity.nhs.uk/services/time-to-talk-talking-therapies-services-in-west-sussex/109066">https://www.sussexcommunity.nhs.uk/services/time-to-talk-talking-therapies-services-in-west-sussex/109066</a> (link to local team contacts and referral process included on this page)</p>	<p>Offers time limited psychological therapy for common mental health issues – depression and anxiety disorders. Therapy is available face to face and online. Both 1:1 and group therapy available, counselling CBT, mindfulness, guided self help</p> <p>Clients can self-refer but professional referral is recommended for HIV clients/ those with complex presentations, and discussion with a senior referral co-ordinator at Time to Talk to ensure suitability</p>	<p>Bases in Worthing, Chichester, Burgess Hill and Crawley, covers whole of West Sussex</p>
<p><b>Crisis Support:</b> Sussex Mental healthline <b>0800 0309 500</b></p>		<p>Across West Sussex</p>
<p><b>Social support, befriending, practical help</b></p>		
<p><b>Lunch Positive (run by Gary Pargiter)</b></p> <p><a href="https://www.lunchpositive.org/">https://www.lunchpositive.org/</a> 07846 464384 info@lunchpositive.org</p>	<p>Lunch Club every Friday at Dorset Gardens Methodist Church in Kemptown Brighton, support with meals during lockdowns, planned lunch club in Worthing due to start soon</p> <p>Also befriending and mentoring</p>	<p>All of West Sussex</p>
<p><b>Terrence Higgins Trust Pre '96 support group</b></p>	<p>Friendly online (will move to face to face events) social support group for those diagnosed with HIV pre 1996, link to information and how to join below:</p>	<p>All of West Sussex</p>

<a href="https://www.tht.org.uk/our-services/head-office/96-peer-support-group">https://www.tht.org.uk/our-services/head-office/96-peer-support-group</a>		
<b>Time to Talk befriending (Worthing) service</b> <a href="https://www.tttb.org.uk/">https://www.tttb.org.uk/</a>	Professional referrals can be made or clients can self refer to be matched with a befriender, can be 1:1, or can join group activities, befriender can link by phone or in person, good for those who experience social isolation	Worthing area
<b>Age UK West Sussex</b> <a href="https://www.ageuk.org.uk/westsussexbrightonhove/our-services/">https://www.ageuk.org.uk/westsussexbrightonhove/our-services/</a>	Range of support for those age 55+ in West Sussex, including support with gardening, befriending, shopping, advice and support and group activities	Across west Sussex but varies between areas
<b>Carers West Sussex</b> <a href="https://www.carerssupport.org.uk/our-services">https://www.carerssupport.org.uk/our-services</a> 0300 028 8888	Range of support for carers and their families, including support groups, respite, advice, counselling	Across all areas of West Sussex
<b>Support with work and skills</b>		
<b>Terrence Higgins Trust work and skills support</b> <a href="https://www.tht.org.uk/our-services/online-services/work-and-skills">https://www.tht.org.uk/our-services/online-services/work-and-skills</a> <b>Terrence Higgins Trust National Living Well workshops and support (online)</b> <a href="https://www.tht.org.uk/our-services/at-home/living-well">https://www.tht.org.uk/our-services/at-home/living-well</a>	Mix of online workshops and 1:1 advice around developing confidence, self esteem, work skills (paid or voluntary)  Range of workshops including anti stigma, and other wellbeing topics, updated regularly, clients living with HIV can register via the website for interactive online workshops. Also 1:1 life coaching sessions	All of West Sussex  All of West Sussex
<b>Support with finances and benefits</b>		
<b>Impact Initiative</b> <a href="https://impact-initiatives.org.uk/">https://impact-initiatives.org.uk/</a>	Support for those with autism, LD and disabilities with employment, benefits etc.	All of west Sussex

<b>Step Change</b> <a href="https://www.stepchange.org/contact-us.aspx">https://www.stepchange.org/contact-us.aspx</a>	Support with debt. Helpline number: <a href="tel:8001381111">800 138 1111</a> (8-8 Monday to Friday and 8-4 Saturdays)	All of West Sussex (national service)
<b>Citizen's Advice</b> <a href="https://www.citizensadvice.org.uk/benefits/">https://www.citizensadvice.org.uk/benefits/</a>	Support and advice around benefits and a wide range of issues – debt, housing, family, work	All of West Sussex, support by phone or at local centres
<b>Food banks</b>		
<b>Adur/ Worthing area food banks</b>  <a href="https://www.adur-worthing.gov.uk/community-wellbeing/foodbanks/">https://www.adur-worthing.gov.uk/community-wellbeing/foodbanks/</a>	List of food banks across Worthing, Lancing, Solmpting, Shoreham	Adur area
<b>Burgess Hill Community Food Bank</b>  <a href="https://burgesshillfoodbank.org.uk/">https://burgesshillfoodbank.org.uk/</a>	Local food bank	Mid Sussex
<b>Trussell Trust Food banks across West Sussex</b>  <a href="https://www.trusselltrust.org/get-help/find-a-foodbank/">https://www.trusselltrust.org/get-help/find-a-foodbank/</a>	List of West Sussex food banks	Bognor, Littlehampton, Horsham, Haywards Heath, Chichester, East Grinstead
<b>Crawley Food Bank Partnership</b>  <a href="https://www.crawleyfoodbankpartnership.co.uk/">https://www.crawleyfoodbankpartnership.co.uk/</a>	Food bank network in Crawley and support for those who are homeless, or in food poverty	Crawley

<b>Benefits advice and support</b>		
<b>Universal Credit helpline</b>	Assistance with Universal Credit <b>0800 328 5644</b> . <a href="#">Making a new claim - Understanding Universal Credit</a>	Nationwide
<b>Personal Independence Payments (PIP)</b>	New Claims <b>0800 917 2222</b> Enquiries <b>0800 212 4433</b>  <a href="#">PIP - table of activities, descriptors and points (citizensadvice.org.uk)</a>  <a href="#">PIP assessment guide part 1: The assessment process (publishing.service.gov.uk)</a>  <a href="#">PIP assessment guide part 2: the assessment criteria (publishing.service.gov.uk)</a>	Nationwide
<b>Benefits calculator</b>	<a href="#">Benefits calculators - GOV.UK (www.gov.uk)</a> Also a useful resource for advice <a href="#">Benefits Calculator: What am I entitled to – MoneySavingExpert</a>	Nationwide
<b>Appealing a benefits decision</b>	<a href="#">Appeal a benefit decision - GOV.UK (www.gov.uk)</a>	England
<b>Local Councils</b> <b>Housing and homelessness</b> <b>Housing Benefit and council tax support</b>	<b>Worthing and Adur</b> <a href="#">Home - Adur &amp; Worthing Councils (adur-worthing.gov.uk)</a> <b>Crawley</b> <a href="#">Home   Crawley GOV</a> <b>Arun</b> <a href="#">Home   Arun District Council</a> <b>Chichester</b> <a href="#">Chichester Home Page: Chichester District Council</a>	
<b>Housing Advice Shelter</b>	0808 800 4444 freephone email <a href="mailto:info@shelter.org.uk">info@shelter.org.uk</a> <a href="#">Housing advice from Shelter - Shelter England</a>	

<b>Turning tides Homeless support</b>	<a href="http://turning-tides.org.uk">Home Page - Turning Tides (turning-tides.org.uk)</a>	West Sussex
<b>Immigration (signpost to CAB for general advice)</b>		
<b>Brighton Housing Trust</b> <a href="#">Immigration Legal Service - BHT Sussex</a>	The Immigration Legal Service provides advice and representation, under the Legal Aid scheme, in all areas of asylum and human rights law relating to Article 3 of the European Convention on Human Rights	All of Sussex (Brighton based)
<b>Sanctuary on Sea</b> <a href="https://brighton-and-hove.cityofsanctuary.org/local-resources">https://brighton-and-hove.cityofsanctuary.org/local-resources</a>	Resource directory for refugees, asylum seekers and migrants on a range of issues	All of Sussex
<b>Settled (for EU Citizens)</b> <a href="https://settled.org.uk/en/">https://settled.org.uk/en/</a>	Advice and support for EU citizens seeking to settle in the UK, support available in a range of languages	National organisation
<b>Refugee Council</b> <a href="https://www.refugeecouncil.org.uk/">https://www.refugeecouncil.org.uk/</a>	Support for refugees and asylum seekers Range of resources for those seeking asylum from signposting to online information, emotional and practical support	National organisation
<b>Freedom from Torture</b> (formerly the Medical Foundation) <a href="https://www.freedomfromtorture.org">https://www.freedomfromtorture.org</a>	Advice and support for victims of torture seeking asylum in the UK, from therapy to medico-legal advice, to signposting	National organisation (support mostly online)

Brighton Housing trust

Sanctuary on Sea has a list of organisations that will support migrants and asylum seekers [Local resources | Sanctuary on Sea \(cityofsanctuary.org\)](#)

Office of immigration services [Office of the Immigration Services Commissioner - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



British citizenship is an online application CAB offer help with this.

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**i Created June 2021 by Emma Russell, THT West Sussex and Linda Palmer, Metro**