

Signposting for Common Presenting Issues

Benefits, budgeting, debts advice

- St Luke's- Advice and help with form filling in relation to debts, benefits and bankruptcy.
Phone:01273 549203
Webiste: www.stlukesadvice.org.uk/
- Brighton Unemployed Families Centre- Practical support, advice and education to those living in poverty or on low incomes
Phone:01273 676171
Website: <https://bucfp.org/>
- Money Advice Plus
Advice line: 0800 988 7037
Website: www.moneyadviceplus.org.uk

Food Banks and low cost meals

- Brighton and Hove Food Partnership- List of all local foodbanks and how to contact them:
<https://bhfood.org.uk/resources/referring-to-a-food-bank/>
- Brighton and Hove Council- referral to Local Discretionary Fund- for financial assistance with essential household items- including food vouchers and bills
Phone: 01273 293117
Online application: <https://www.brighton-hove.gov.uk/benefits/help-and-support/get-emergency-help-food-energy-bills-and-other-essentials>
- Real Junk Food Project- Pay as you feel café/takeaway- open most days of the week in different locations around Brighton and Hove. No referral needed just turn up.
<http://www.realjunkfoodbrighton.co.uk/locations/>

Housing

- Brighton Housing Trust
Specialist housing legal advice (must be eligible for legal aid) for advice with unlawful evictions, homelessness, court proceedings related to antisocial behaviour).
Phone: 01273 645455
- St Mungos- Street Link- for people living on the street or at risk of becoming homeless:
Phone: 0300 500 0914
- Brighton and Hove Council- Early Intervention Team- help with any problems making it difficult to stay in home- including rent arrears, health concerns, problems with tenancy, relationship breakdowns
Phone: 01273 294 400
Email: at earlyintervention@brighton-hove.gov.uk

- Citizens Advice Bureau- free confidential advice
Phone: 0300 3309033

Mental Health and wellbeing

- Community Roots- network of organisations in Brighton and Hove that support mental health and wellbeing
Phone: 0808 196 1768
Website: <https://www.communityroots.org.uk/>
- Brighton and Hove Wellbeing Service-
Phone: 0300 002 0060
Website: <https://www.brightonandhovewellbeing.org/referrals>
- Samaritans
Phone: 116 123

Digital Support

- Digital Brighton and Hove- support accessing IT equipment and support getting online
Phone: 07475946084
Website: <https://digitalbrightonandhove.org.uk/covid-19-network-response/>
- Brighton Unemployed Families Centre- digital inclusion support in IT room
Phone: 01273 601 211
Website: <https://bucfp.org/>

Domestic Violence

- National Domestic Violence Helpline- support, advice, access to Refuge
Phone: 0808 2000 247
Website: <https://www.nationaldahelpline.org.uk/>
- Rise- local domestic violence support charity, including support and advice and access to Independent Domestic Violence Advisors
Phone: 01273 622828
Website: <https://www.riseuk.org.uk/>

Sexual Violence

- Saturn centre –Sexual Assault Referral Centre
Phone: 01293 600469
Website: <https://www.saturncentre.org/>
- Survivors Network
Phone: 01273 203380
Website: <https://survivorsnetwork.org.uk/>
- Mankind

Phone:01823 334244

Website: <https://www.mankind.org.uk/>

Under 25's

- YAC- support and advice, as well as housing advice
Phone: 01273 624432
Website: <https://www.ymcadlg.org/what-we-do/support-and-advice/youth-advice-centre-yac/>

Over 50's

- Silverline- free confidential 24 hour helpline providing information friendship and advice to older people
Phone: 0800 470 80 90
- Age UK
Phone: 01903 731800
Website: <https://www.ageuk.org.uk/brightonandhove/>
- Hop 50 (Impact Initiatives) online activities
Phone: 07770 061 072
Website: <https://impact-initiatives.org.uk/services/adults-and-older-people/hop50/>

Befriending Services

- Together Co- for patients who are over 50, or those who have a physical or sensory disability, or a chronic condition.
Online referral (self or professional): <https://togetherco.org.uk/contact-us>
- Time to Talk Befriending- for patients 65+
Phone: 01273 737710
Online referral: <https://www.tttb.org.uk/referrals/>
- Age UK- for patients who are over 50
Online referral: <https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>