

Self-Referral Services

There are many health and wellbeing services you can go to in Brighton and Hove without needing to see your GP first for a referral. Your [local pharmacist](#) can provide advice as well as treatments for minor ailments, and the table below lists some other key services that may be able to help you.

For more services available in the city please check the [My Life website](#)

Local Pharmacist: <http://www.brightonandhoveccg.nhs.uk/your-services/pharmacies>

My Life Website: <https://www.mylifebh.org.uk/>

Mental Health Services

Guided Self-Care

Adults experiencing mild to moderate depression and anxiety can self-refer for guided self-help from a psychological wellbeing practitioner.

Click: <https://bhws.silvercloudhealth.com/signup/>

The Wellbeing Service

A mental health service for adults in Brighton and Hove. Support is given through guided self-help, talking therapies, brief interventions for people with complex needs and community services.

Click: <http://www.hereweare.org.uk/what-we-do/brighton-hove-wellbeing-service/>

Call: 0300 002 0060 (8:00 - 18:00 Monday to Friday)

Mental Health Rapid Response Service

If you feel you are not able to keep yourself safe, and do not need immediate medical assistance, you should contact the Mental Health Rapid Response Service which is able to offer immediate support:

Call: 0300 304 0078 (24 hours a day, 7 days a week)

Samaritans

Call: 116 123 (free number) or 01273 772277#

Click: <http://www.samaritans.org/branches/samaritans-brighton-hove-and-district>

Visit: Samaritans, Dubarry House, Newtown Road, Hove BN3 6AE



Sussex Mental Health Helpline

The Sussex Mental Healthline is a telephone service offering support and information to anyone experiencing mental health problems including stress, anxiety and depression. The service is also available to carers and healthcare professionals

Call: 0300 5000 101 (17:00 - 9:00 Monday to Friday and 24 hours at weekends and Bank Holidays)

Mental Health Service for Children and Young People

FindGetGive

Young people who are experiencing mental health or emotional wellbeing difficulties can access a range of services locally in Brighton and Hove via FindGetGive. The site offers advice and support on a range of low to moderate mental health or emotional wellbeing issues such as anxiety, depression, self-harm and eating disorders as well as signposting to services that are more specialist where your need is greater. All services accept self-referral and some offer drop-in sessions.

Click: www.findgetgive.com

FindGetGive for parents and carers

There is help and support for parents and carers and a new parent/carer online forum on the FindGetGive

Click: www.findgetgive.com/family

Childline

You can contact Childline about anything. Whatever your worry, it is better out than in. Childline can support you and help you find ways to cope

Call: 0800 1111

Health Trainers

Health trainers offer one-to-one advice, support and encouragement to help you make a positive change to your health. You must be interested in one of:

- eating more healthily
- becoming more physically active
- drinking less alcohol
- quitting smoking

Click: <http://www.brighton-hove.gov.uk/content/health/healthy-lifestyle/health-trainers>

Call: 01273 296877 (9:00 – 17:00)



Food Partnership (Weight Management)

A non-profit organisation that helps people learn to cook, to eat a healthy diet, to grow their own food, and to waste less food. You can join one of their free programmes to learn how to manage your weight.

Call: 01273 431703 (9am – 5pm)

Click: <http://bhfood.org.uk/Manage-Your-Weight/>

Dentists

Emergency Dental Service

If your own dentist is closed, the Emergency Dental Service will give you an appointment at one of several practices around Brighton and Hove.

Call: 0300 123 1663 (09:00-17:00 Monday to Friday)

NHS111

If you need urgent help outside normal working hours, call the NHS 111 line (free from landlines and mobiles).

Call: 111

iDental Care

iDental Care Limited offers emergency NHS out of hours dental service.

Call: 03000 242548 17:30-22:30 Monday-Friday, 9:00- 17:30 weekends)

My Life Brighton and Hove – Local and National Service

My Life is an easy-to-use, online directory listing local Brighton & Hove and national organisations and service to support everyday living.

Click: <http://www.mylifebh.org.uk/>

It's Local Actually; Local Free and Low-Cost Activities

Feeling lonely or disconnected? Search our database of free or low cost activities in your area. If you want to get out and about more, meet new people or just want to know what's going on in your area, we can help you.

Click: <https://www.itslocalactually.org.uk/>



Money Advice

Money Advice Plus is a registered charity (Money Advice & Community Support Service) based in Brighton & Hove, helping and supporting people experiencing difficulty managing their money or financial affairs.

Click: <http://www.moneyadviceplus.org.uk/>

Call: 01273 664000 (9:00 – 12:00, 13:00 – 17:00; Office phone for general info) or

0800 988 7037 (15:00-19:00 Monday, 10:00-14:00 Tuesday, 12:30-16:30 Wednesday and Thursday, and 10:00-14:00 Friday; Moneyworks Advice Line for debt & welfare benefit advice)

Maternity Service

You can book your maternity care through the BSUH self-referral portal.

Click: <https://www.bsuh.nhs.uk/maternity/your-pregnancy/book-care-us/>

After submitting the form, you should contact your GP or Children's Centre to make your first appointment with a midwife for when you are 6 to 8 weeks pregnant.

If you have any concerns during pregnancy please contact your midwife or maternity triage for advice.

Maternity Triage at Royal Sussex County Hospital

Call: 01273 664793 (24 hours a day, 7 days a week)

Maternity Triage at Princess Royal Hospital

Call: 01444 441881 extn 8176 (24 hours a day, 7 days a week)

Health Visiting Service

The aim is to ensure all children aged 0-5 years receive early intervention, prevention and health promotion services which will help them achieve their optimum health and well-being. Health Visiting is provided through the Brighton and Hove Children Centres. See the list of locations on the website to find opening hours and contact details.

Click:

<http://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16366>

