

Disability, Health and Carers

4Sight Vision Support

Supporting blind and partially sighted people in West Sussex. is a charity supporting people with sight loss and a membership organisation, based in West Sussex. Providing services to improve health and wellbeing, promote independence and prevent social isolation. Also providing information, advice and practical support to anyone with sight impairment, carers, families and other organisations.

enquiries@4sightsussex.co.uk <http://www.4sight.org.uk/>

AbilityNet

Free helpline offering computer and internet support to disabled people. Home visits and factsheets also available. There is an online contact form.

0800 269 545 or 01926 312 847 <http://www.abilitynet.org.uk> enquiries@abilitynet.org.uk

Action for Deafness

The organisation was founded, as a charity, in 1994 by deaf people and for deaf people in Sussex. Action for Deafness provides advice, support, information and services to enable Deaf, deafened, hard of hearing and deafblind people to lead independent lives.

<https://actionfordeafness.org.uk/> 01444 415582

Afasic

Afasic supports parents and represents children and young people with speech, language and communication needs (SLCN)

Helpline (local rates apply) 0845 3 55 55 77 or 0207 490 9410 <http://www.afasic.org.uk>

Alzheimers Society

Offering information and support to people with a diagnosis of dementia, their carers, relatives, former carers and professionals. We also have a Relief Care Service where specially trained carers can offer short home-based respite, to enable carers to have a regular break.

01273 726 266 https://www.alzheimers.org.uk/info/20170/Regional_offices
brighton-hove@alzheimers.org.uk

Amaze

Amaze gives information, advice and support to young people with special educational needs and disabilities (SEND) and to parents of children and young people with SEND, in Brighton and Hove. Young people can apply for a Compass Card (a leisure card for 0 to 24s that provides free deals and discounts across Brighton and Hove and West Sussex). There is one to one advice and support for young people age 16 plus who are in the process of getting an Education Health and Care (EHC) plan because they have special educational needs. Help with disability benefits (DLA and PIP claims) available for parents and young people together or for young people living independently. Amaze has a peer support project for young people with SEND age 14 and over and runs a self-advocacy group for young people with learning disabilities aged 16 – 24 (with Speak Out).

<http://amazebrighton.org.uk/> 01273 772289 helpline@amazebrighton.org.uk

Art in Mind

Art in Mind is a Brighton based community group for young people with experience of mental health issues who are passionate about raising awareness about mental health issues through art. They create and show their artwork in exhibitions, museums and in the mental health and education resources they create themselves and with the other groups and organisations they work with. They also run mental health themed art workshops to other young people and groups in the Brighton area.

07981440322 <http://www.artinmind.co.uk> samtayloraim@gmail.com

Asperger's Voice Self-Advocacy Group

A self-advocacy group for adults with Asperger Syndrome living in the north of West Sussex, meeting on the last Thursday of every month. The Self-Advocacy Group is run by people with Asperger's, for people with Asperger's, and makes the decisions about how, when and where meetings take place, and what the group talks about.

<http://www.aspergersvoice.org.uk> 07920 506325 aspergersvoice@gmail.com

Aspire

Aspire support adults with Asperger syndrome, high-functioning autism and similar social issues through group activities.

<http://www.bh-impetus.org/projects/aspire/>

Assert

Assert provides services for people age over 16 with Asperger Syndrome (AS) and High Functioning Autism (HFA). They offer one to one support, benefits advice and support, a monthly drop in for people with AS/HFA, monthly mutual support group for parents, partners and carers of people with AS/HFA, one to one support for parents, partners and carers of people with AS/HFA, social events and social inclusion activities for people with AS/HFA, Resource Library, and liaison with statutory services on behalf of individuals. They also offer support for people with AS/HFA in accessing volunteering opportunities with other charities and community groups, two Life Skills courses which run for 6 months each, with additional one to one support and a monthly walking group.

01273 234853 <http://www.assertbh.org.uk> assert.bh@assertbh.org.uk

The Association of Carers

Supporting unpaid Carers in East Sussex to continue in their caring role by providing free, high quality, volunteer-led services that encourage independence and reduce isolation. Free Befriending & Respite service gives unpaid carers the opportunity to take a weekly three-hour break from their caring role, while a carefully selected and thoroughly vetted volunteer spends time with the person they look after.

0300 330 9498 info@associationofcarers.org.uk www.associationofcarers.org.uk

Autism Sussex

Autism Sussex – Talk 1-1 is a free online service, which offers advice and support to people with an autism spectrum condition, and their families, carers and professionals, delivered by specialist advisers. The advisers can be contacted using the online webchat, in the bottom right of the page, during certain hours. At other times you may leave a message.

0345 450 0060 <http://www.autismsussex.org.uk/our-services/family-support-services/talk-1-1/familysupport@autismsussex.org.uk>

Beat

Beat is a national UK charity for people with eating disorders and their families. They provide several services, including a helpline offering support and information to anyone affected by eating disorders, message boards, online support groups on Wednesday evenings, a directory of eating disorder services, and a search function for finding support groups near you.

Adult Helpline - 0808 801 0677. Youth Helpline - 0808 801 0711 (Helplines open 365 days a year between 3pm and 10pm). <https://www.beateatingdisorders.org.uk/> info@beateatingdisorders.org.uk

BHCC Supported Employment Team

The Supported Employment Team helps people with disabilities and long-term health conditions, including mental health needs, to look for and retain work for those that live in the Brighton and Hove area. The team also offer advice to employers and providers of Adult Social Care services.

<http://www.brighton-hove.gov.uk/content/social-care/health-and-wellbeing/supported-employment>
01273 295961 SET@brighton-hove.gov.uk

Bi-Polar UK

Bipolar UK is the national charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers. Locally they run a support group that offers support and information in a friendly, safe and confidential environment for anyone affected by bipolar. Family members, partners and friends are all welcome.

0333 323 3885 <http://www.bipolaruk.org.uk> groupdevelopment@bipolaruk.org.uk

Brighton Adult ADHD Support Group

Brighton Adult ADHD Support Group is a relaxed peer led support group based in Brighton for adults (18+) with or seeking a diagnosis of ADHD to share experiences, coping strategies and support. They meet every 2nd Wednesday of the month, and you're welcome to drop in any time between 7pm – 9pm at the Brightelm Centre, Roof Room (top floor). Then, for those that wish, at 9pm we go to the Caxton Arms pub.

<http://adhdbrighton.org.uk> mail@adhdbrighton.org.uk

Brighton and Hove Eating Disorder Service (BHEDS) Peer to Peer Support Group – Family, Friends and Carers

This support group allows carers as well as family and friends of those suffering from eating disorders to share and discuss their experiences with other carers within monthly meetings. Through this, service users are given the opportunity to receive peer support; seek information and advice on eating disorders to enable better understanding of symptoms; and seek information regarding gateways to support (e.g. counselling, other therapies and support groups). Meetings on the last Wednesday of the month, 7.00-8.30pm.

0300 304 0090 BHEDS@sussexpartnership.nhs.uk

Brighton and Hove Eating Disorder Service (BHEDS) Peer to Peer Support Group – Mixed Gender

The Peer Support Service is for all adults who are directly affected by eating disorders.

The main purpose for the groups is to provide those who attend a space to meet with others in a similar situation to share their experiences and coping strategies. The groups aim is to ease isolation by offering inclusion to those who attend. The group offers: A safe and welcoming environment where sufferers can share and discuss their experiences; Monthly meetings with other sufferers to offer and receive peer support; Information and advice on eating disorders to enable better understanding of symptoms; gateways to support (e.g. counselling, other therapies and support groups). Anyone affected by eating disorders and problem eating over the age of 18 from the Brighton and Hove area is able to attend the groups. Those wishing to attend are welcome to be part of the Peer Support group whether or not they are currently receiving support such as counselling or other therapies.

0300 304 0090 BHEDS@sussexpartnership.nhs.uk

Brighton & Hove Wellbeing Service

Brighton & Hove Wellbeing Service can provide access to talking therapies, a guided self-help service, and a community support service, which can offer talking therapies and courses to promote wellbeing. This is an NHS service, and is free of charge. Brighton and Hove Wellbeing Service also offers SilverCloud – free online supported CBT (cognitive behavioural therapy), tailored to your specific needs. These programmes have demonstrated high improvement rates for depression, anxiety and stress. People are usually referred by their GP but you can contact them directly – see website for details.

0300 002 0060 <https://www.brightonandhovewellbeing.org/> bics.brighton-and-hove-wellbeing@nhs.net

Brighton Pulse

An easy way for users of health and social care services in Brighton to give feedback on the service they have received.

<http://www.brightonpulse.org>

Books on Prescription

Brighton & Hove Reading Well Books on Prescription scheme is designed to support people with mild to moderate mental health conditions. A core list of self-help books have been tested and recommended by organisations such as the Royal College of Psychiatrists and the Royal College of GPs and are available to borrow from local libraries. The Shelf Help section is aimed at young people aged 13-18 years, to help them manage their mental health, wellbeing and resilience.

<http://www.brighton-hove.gov.uk/content/leisure-and-libraries/libraries/reading-well-books-prescription-libraries>

Campaign Against Living Miserably (CALM)

CALM is a charity aiming to prevent male suicide. Offers support to men in the UK, of any age, who are down or in crisis via their telephone helpline and website. Webchat available 5pm 'til midnight, 7 days a week. Open 7 days a week, 5pm 'til midnight

0800 58 58 58 free from landlines <http://www.thecalmzone.net/>

Care for the Carers

Care for the Carers is an independent charity and the Carers Centre for East Sussex. Can provide free practical and emotional advice – face to face, by telephone, or online. They can put you in touch with other carers, and help you navigate the range of services available locally. They also run support groups, training and events across the county – whether you are interested in speaking up on important issues, or having some time out to relax or meet new people.

01323 738390 info@cftc.org.uk www.cftc.org.uk

Carers UK

National support service. Telephone advice and support service if you want to talk about caring.

0808 808 7777 advice@carersuk.org <http://www.carersuk.org/>

CASS Counselling & Autism Spectrum Support

CASS is a counselling support service predominantly for those on the Autistic Spectrum and their care givers. In addition to counselling support services they also offer mentoring & befriending; this is often a great way for children and adults on the autism spectrum to socialise and learn new skills, helping them to feel more confident and supported. Operating in the following areas: Brighton & Hove, Eastbourne, Hastings, Worthing, Croydon, Horley.

<https://www.casscounselling.co.uk/> 01273 241646 info@casscounselling.co.uk

Changes Ahead – Mental Health Carer’s Action and Support Group

Changes Ahead is an organisation funded by Brighton and Hove council that supports carers of those with mental health issues. This service offers both individual and/or group support including, practical advice, social events and an advocacy service. Changes Ahead offers the following: 1-1 support to carers to mutually formulate a plan of action to help them deal with their present circumstances and move forward., Action Group – discussing/confronting issues that affect carers directly, taking issue with services/applauding good practice, Social Group – to network and meet informally, training events, drop in, information, library, newsletter.

07935 302838 changesaheadoakleaf@gmail.com

Cinema Access for Disabled People

Did you know there are a number of different types of screening in UK cinemas, helping to ensure disabled people enjoy the big screen experience. The CEA Card entitles you to one free ticket for someone to accompany you to the cinema to provide the assistance you may need during your visit.

<https://www.ceacard.co.uk/cinema-information> 02392 248545

Depression Alliance

The Depression Alliance website contains information about the symptoms of depression, treatments for depression, as well as depression alliance campaigns and local groups.

08459 09090 information@depressionalliance.org <http://www.depressionalliance.org/>

Disability Rights UK

DR UK is led by people with diverse experiences of disability and health conditions, from different communities. Provide lots of information about support available, navigating benefit systems, and advocating for change. Sell RADAR keys to access toilets across the country.

<http://www.disabilityrightsuk.org/>

Disabled Motoring UK

Disabled Motoring UK is the charity which supports disabled drivers, passengers and Blue Badge holders. We work with government and businesses across the UK in order to improve parking, refuelling etc.

<https://www.disabledmotoring.org/> 01508 489449

Early Intervention in Psychosis

A community based service for young people as well those aged up to 65 years old who are experiencing a first episode of psychosis. Can self-refer or be referred by GP or other health professional.

01273 718682 (Monday - Friday, 9.00am - 5.00pm)

<http://www.sussexpartnership.nhs.uk/service-early-intervention-psychosis>

East Sussex Association of Blind and Partially Sighted People (ESAB)

ESAB is a charity that supports adults who are blind or have a vision impairment and live in East Sussex; including Wealden, Lewes, Rother, and Brighton and Hove.

<http://www.eastsussexblind.org/> 01323 832252

East Sussex Hearing Resource Centre

The East Sussex Hearing Resource Centre is a registered charity aiming to improve the quality of life for Deaf, deafened, deafblind and hard of hearing people living in East Sussex

<http://www.eshrc.org.uk/>

Expert Patients Programme

Sussex Community Foundation Trust EPP offers free self-management courses for people living with any long-term health condition. They are designed to help you to take more control of your health by learning new skills and techniques to provide tools and techniques to help you manage your condition better. The courses are aimed at a wide range of people, reflecting diversity in terms of different health conditions and age groups.

01273 267545 <http://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16306>
sc-tr.epp@nhs.net

Extratime Youth Club

This club is open to young people with and without additional needs and disabilities. Each Wednesday at Portslade Village Centre Extratime and YMCA staff support young people to have fun, try new things and socialise with their friends in a safe and supportive club. Activities include arts and crafts, sports, dance, cookery, and much more. Young people receive the care and support to participate from our team who are skilled and experienced in supporting young people with additional needs (alternative communications methods, personal care, emergency medication and behaviour management) as well as mainstream youth provision. Please contact us to register your interest and we will ask you or the person who helps you to complete a booking form so that we can fully understand meet your needs. Fully accessible.

01273 420580 hello@extratimebrighton.org.uk <http://www.extratimebrighton.org.uk/>

Friends in Need

Friends in Need was set up by Depression Alliance as a supportive community for people living with or affected by depression. It is a place where you can connect with others online, through the website, and in your area.

<http://www.friendsinneed.co.uk> admin@depressionalliance.org

Grace Eyre Foundation

The Grace Eyre Foundation help people with learning disabilities in Brighton & Hove and West Sussex gain independence, obtain housing, find employment & join activities.

01273 201900 <http://www.grace-eyre.org/> enquiries@grace-eyre.org

Hearing Voices

Therapeutic intervention for people who hear voices or have similar experiences, based in Hove. Ask your GP or mental health worker for a referral. Call for more information.

01273 242016

LifeSIGNS (Self-Injury Guidance & Network Support)

LifeSIGNS (Self-Injury Guidance & Network Support) is an online, user-led voluntary organisation, founded in 2002 to create understanding about self-injury and provide information and support to people of all ages affected by self-injury. They recognise self-injury and self-harm as a way of coping with distressing experiences and difficult emotions, and they encourage people to reflect on the issues behind their self-injury, and to develop and explore alternative coping mechanisms. Their website hosts a wealth of information about Self-Injury, including: Detailed information about self-injury, Fact Sheets, Guidance for others (carers, friends and family), Guidance for how to talk about self-injury.

<http://www.lifesigns.org.uk/>

mASCot

mASCot are an organisation for families who have children with an autistic spectrum condition. mASCot enables families to connect and meet others in the same situation as themselves. Offers face to face and online support.

<http://www.asc-mascot.com/>

Men Get Eating Disorders Too (MGEDT)

Men Get Eating Disorders Too is a charitable organisation that seeks to raise awareness of eating disorders in men and to support them, their carers and their families. They aim to provide information and advice about eating disorders that is specific to men's needs, and help men to connect with others in similar situations. MGEDT provide two online discussion boards – one for men with eating disorders, and one for their carers and families. They also offer live chat weekly on a Wednesday evening, 7-8.30pm, as well as local peer support groups. The website has information on various kinds of eating disorders, how to get support, and stories from men who are recovering or recovered from eating disorders.

<http://www.mengetedstoo.co.uk> sam@mengetedstoo.co.uk

Mind in Brighton and Hove

Mind in Brighton and Hove works to promote good mental health in the city of Brighton and Hove, and across West Sussex. We seek to empower people to lead a full life as part of their local community. To achieve these aims Mind in Brighton and Hove: promotes mental health in our community; works with mental health 'service users' to increase their influence and control over their own lives; challenges discrimination and promotes social inclusion; campaigns and raises funds; works in partnership with other organisations; involves service users and volunteers in our work; focuses on quality in service provision.

01273 66 69 50 <https://www.mindcharity.co.uk> info@mindcharity.co.uk

MoodGYM

MoodGYM is a self help programme designed to teach cognitive behavioural therapy skills to people vulnerable to anxiety and depression. It was designed and developed by staff at the Centre for Mental Health Research at the Australian National University, in collaboration with other researchers, mental health experts, web and graphic designers, and software engineers.

<http://moodgym.anu.edu.au/welcome>

No Panic – Youth Helpline

No Panic – Youth Helpline is a confidential helpline for those aged between 13 and 20 years old which aims to help young people with anxiety, panic, phobias, obsessive compulsive disorder and the specific anxieties that young people experience. Open between 3pm to 6pm, Monday to Friday.

0330 606 1174. For help outside of the hours between 3pm - 6pm call: 01753 840393

<http://www.nopanic.org.uk/youth-helpline/> info@nopanic.org.uk

PAPYRUS (Prevention of young suicide)

National UK charity working to prevent suicide in young people (35 years and under). Papyrus deliver awareness and prevention training, provide confidential support and suicide intervention through HOPELineUK, campaign and influence national policy, and empower young people to lead suicide prevention activities in their own communities.

HOPEline UK 08000 684141 (Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm)

eadmin@papyrus-uk.org 01282 432555 <http://www.papyrus-uk.org/>

PASCO

PASCO supports parents and carers of children and young people having a disability, through the provision of recreational and social facilities in the Chichester and Arun districts of West Sussex. They offer a range of respite activities and fun events for the whole family to enjoy.

01243 533353 admin@pacso.org.uk <http://www.pacso.org.uk/>

Pathways to Health

A community health project offering ear acupuncture on a drop-in basis in a number of community venues in Brighton and Hove. For people affected by stress, anxiety and depression, mental health issues, drug and alcohol dependency, and those living with HIV.

<http://www.pathwaystohealth.org.uk/> 01273 234766 info@pathwaystohealth.org.uk

Preston Park Recovery Centre

Preston Park Recovery Centre provides a structured day service for people with mental health problems. The centre offers support, activities and therapies which promote good mental health and well being. Self referral by contacting the centre or via mental health workers. People need to be: 18+, Registered with a Brighton & Hove G.P, Need support to manage their Mental Health

01273 565049 recoveryservices@southdown.org

<https://www.southdown.org/mental-health-recovery/preston-park-recovery-centre-brighton-hove>

Possability People

Possability People is a user-led organisation led by disabled people offering advice and support to live independently. Possability People has a number of projects and services including:

- Disability Advice Centre – offering free, impartial advice on disability matters;
- It's Local Actually – a directory of local services, activities and more;
- An Advocacy Service – offering free, confidential and independent support to help with a variety of issues;
- Into Work – helping people overcome the barriers in the workplace;
- Direct Payments advice – Benefits advice and the PA jobs noticeboard.

01273 894040 (Open 10am - 4pm on weekdays). For the deaf or hard of hearing there is a text service on 07774 910064 www.possabilitypeople.org.uk hello@possabilitypeople.org.uk

Samaritans

Samaritans offer a safe place to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. Support available by phone, email, text an in person (depending on location).

Call free any time, from any phone on 116 123 jo@samaritans.org

Scope

Scope is a charity that exists to make this country a place where disabled people have the same opportunities as everyone else. Scope provides support, advice and information for disabled people and their family members including support to access education or work experience.

Freephone Helpline: 0808 800 3333 - available 9-5 weekdays response@scope.org.uk
<https://www.scope.org.uk/>

Sibling Link

Sibling Link is a monthly peer support group for adults with a brother or sister suffering with mental ill health. They also have a website with advice and information for those seeking help for themselves or a loved one. Meetings are at 7pm on the first Thursday of every month.

07884 077231 or 07930 473130 <http://www.siblinglink.co.uk> info@siblinglink.co.uk

Speak Out

Speak Out supports people with learning disabilities to have more control over their lives by providing: individual advocacy; advocacy in groups; training and raising awareness in services and communities and campaigning for changes in services and policies.

01273 421 921 <http://www.bhspeakout.org.uk> info@bhspeakout.org.uk

Sussex Beacon

The Sussex Beacon provides specialist care and support for people living with HIV. Their services promote independence and improve health and wellbeing by providing inpatient and outpatient services. Their aim is to provide high-quality care and support in a friendly and homely environment. They have a 10 bed Inpatient Unit as well as Outpatient Services including Anxiety Management, Mindfulness Courses, Peer Support. Sleep Service, Day Service and Women and Families Service.

01273 694222 <http://www.sussexbeacon.org.uk>

Sussex Deaf Association

A range of services for deaf, deafened, hard of hearing and deafblind people. Community & Information Service; Debt/Finance, Disability Health & Wellbeing, Housing, Social Inclusion, Welfare Benefits.

<http://www.sussexdeaf.com> 01273 671899

Sussex Mental Healthline

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. You do not need an appointment. The service offers immediate support for people experiencing distress. Calls are limited to 20 minutes, to allow as many people as possible to have access to the healthline, unless the caller is in extreme distress, in which case calls may go on as long as the caller needs. Calls via Text Relay or New Generation Text have a 30 minute restriction.

Phoneline: 0300 5000 101 Text Relay/New Generation Text calls: 0300 5000 101 (Monday – Friday: 5pm - 9am, weekends and bank holidays: 24 Hours) <http://www.sussexpartnership.nhs.uk/sussex-mental-healthline>

Sussex Recovery College

The Recovery College uses education to support the recovery of people with mental health challenges. It is open to anyone aged 18 and over with lived experience of mental health challenges, their friends, family and carers. All their courses are free and designed and delivered by people with lived experience of mental health challenges, together with clinical staff and other professionals. Courses range in length from one-day workshops to longer courses running for 8 weeks, on subjects ranging from 'Mindfulness' to 'Navigating Mental Health Services'.

<https://www.sussexrecoverycollege.org.uk/>

Brighton and Hove campus: 01273 749500 recoverycollege@southdownhousing.org

East Sussex campus: 0300 303 8086 sussex.recoverycollege@nhs.net

The Helen Arkell Centre

Helen Arkell offer dyslexia support and advice to anyone who may need it, whether they think they have dyslexia or care for someone who may have dyslexia. They support children and adults alike and offer dyslexia assessments, consultations and specialist tuition.

01252 792 400 enquiries@arkellcentre.org.uk <http://www.helenarkell.org.uk>

The Miscarriage Association

Help, advice and information about miscarriages. Online support, telephone helpline and links to local support groups.

01924 200799 info@miscarriageassociation.org.uk <http://www.miscarriageassociation.org.uk/>

Together for Short Lives

Together for Short Lives is an information and telephone helpline and advocacy service for anyone who looks after or knows a child or young person with a life-threatening or life-limiting condition.

0808 8088100 <http://www.togetherforshortlives.org.uk> info@togetherforshortlives.org.uk

Wellspring West Sussex

Information about events, activities and groups for young people with disabilities.

07742 408868 lizzie@wellspringwestsussex.org.uk <http://www.wellspringwestsussex.org.uk>

Whizz-Kidz

Transforming lives of disabled kids with vital mobility equipment and life skills training. The Ambassador Club is a place for young disabled people to meet up, make friends and have fun! We do everything from music, dance, art, sports, beauty therapy, cooking, trips and a whole lot more. There is no charge to attend and Whizz-Kidz provides qualified healthcare staff to support young people with any personal and medical care needs they have as well as volunteers to support young people to engage in activities, so young people can become more independent.

02072 336600 info@whizz-kidz.org.uk <http://www.whizz-kidz.org.uk>

Young Carers Team, The Carers Centre

The Young Carers Team (5-17yrs) at The Carers Centre offers; someone to talk to who understands the good and hard bits of looking after someone, someone for the person you look after to talk to, the chance to meet up with other young carers, the chance to have a break from caring, relax and have some fun, someone to talk on your behalf and explain what you need, someone to talk on behalf of the person you look after and explain what they need, the chance to have a voice and say what you think is needed in Brighton & Hove, the chance to see specialist people who offer you support; nurses, counselling, life coaching, back care support etc, the chance to try out activities and sports, opportunities to think about how to cope well and look after yourself as well as the person you look after, and we talk to schools about what they can do to understand and support young carers and help them to put this into place. We have wheelchair access at our offices, but can also come out to visit or meet in your own home or somewhere else convenient.

01273 746222 info@thecarerscentre.org <http://www.thecarerscentre.org/>

Young Epilepsy

Young epilepsy works on behalf of all children, teenagers and young people with epilepsy.

01342 832243 communications@youngepilepsy.org.uk <http://youngepilepsy.org.uk/>

Young Minds

Young minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We also provide knowledge to professionals, parents and young people through our parents' helpline, online resources, training and development, outreach work and publications.

08088 025544 ymentquiries@youngminds.org.uk http://www.youngminds.org.uk/about/what_we_do

YoungMinds Parents Helpline

The YoungMinds Parents Helpline is a national service providing free and confidential support to parents and carers who are worried about the emotional problems or behaviour of a child or young person under 25. Trained helpline advisers are able to provide further information, explore concerns, and discuss the types of service available.

0808 802 5544 (free for mobiles and landlines) <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>