

Telephone Support during the COVID-19 outbreak

Due to Covid-19 many people require additional practical, social and emotional support. Below are organisations that are currently offering support. We will do our best to ensure that this is regularly updated:

Social Prescribing / Link Workers

MSK Social Prescribing service – Possability People

Possability People are a charity offering free telephone support for MSK patients living in Brighton and Hove and Mid-Sussex. Their team of MSK Social Prescribers / Link Workers will be able to offer support over the phone providing information and advice, along with supporting individuals to develop short plans to cover their practical, physical and emotional needs. Please contact them on

Email: hello@possabilitypeople.org.uk or Phone: 01273 069850

Brighton and Hove Together Co – offer support from Social Prescribing Link workers

They help people find the people and places they need to be happier and healthier. This might be having someone you can chat to when you need to, or someone who helps you navigate local services that could benefit you. We connect and we care. During the Covid-19 outbreak they are offering support over the telephone rather than face-to-face. GPs and support worker can make referral as usual and clients can continue to refer themselves.

Website: <https://togetherco.org.uk/what-we-do/social-prescribing>

Call: 01273 229382

Brighton and Hove Health Trainers

The Health Trainers in Brighton and Hove are offering a telephone service to people; they can provide free advice, support and encouragement. Please ask individuals to refer themselves and send any queries via their normal self-referral link

<https://new.brighton-hove.gov.uk/health-and-wellbeing/support-improve-your-health/sign-support-healthy-lifestyles-team>

Email: healthylifestyles@brighton-hove.gov.uk, or phone 01273 294 589.

West Sussex County Council Community Hub

The community hub is focussed on ensuring that they continue to support the most vulnerable members of the community in West Sussex. To request support please click on the link <https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/> or call 033 022 27980

Mid Sussex Wellbeing Teams

The Mid Sussex Wellbeing team want to let you know that we are still open to receive referrals and will provide free, friendly advice and guidance around wellbeing for all. We are offering telephone appointments in place of our usual face to face appointments. Please ask individuals to refer themselves and send any queries via their normal contact details:

- Email: wellbeing@midsussex.gov.uk Phone: 01444 477191

Online: <https://midsussex.westsussexwellbeing.org.uk/contact-us>

Samaritans

The Samaritans service is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

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

Tel: 116 123 free from any phone / 0330 094 5717

Mental Health Services (including IAPT services)

The Brighton & Hove Wellbeing Service

Brighton and Hove Wellbeing Service This is a free NHS service for anyone aged 4 years old and upwards with a postcode beginning BN1, BN2, BN3 or BN41. They are currently offering an urgent support service only. For more information see:

<https://www.brightonandhovewellbeing.org/covid-19-updates>

MIND in Brighton and Hove Mind in Brighton and Hove are also continuing to deliver the Advice and Information line to the public during this time. For more information please:

Email infor@mindcharity.co.uk or Phone 01273 666950

Community Roots Mental Health & Wellbeing Support in Brighton & Hove.

They are a network of local services committed to supporting good mental health and wellbeing in Brighton and Hove. If you need support, or know somebody that does, please give us a ring on 0808 196 1768 (freephone) and we will help you navigate and access services. See a detail description of their service here:

<https://www.communityroots.org.uk/news-and-events/news/community-roots-coronavirus-statement>

West Sussex IAPT Service

Time to Talk Health is a NHS Service for residents registered with a West Sussex GP who are in need of support to cope/manage with a number of long-term health conditions including musculoskeletal pain. They are offering online and telephone support at this time, please contact:

- Phone 01273 666480 (a message can be left outside of working hours and will be responded to the next working day)
- Email: sc-tr.ltcreferrals@nhs.net
- Online referral: <https://gateway.mayden.co.uk/referral-v2/6293419b-f31d-49fe-9a81-cdd0bb49118d>

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