

This service is provided by
Mind in Brighton and Hove

We are

- **Independent**

We are not part of the Health Services

- **Confidential**

We do not share information without your permission unless you or someone else is at serious risk

- **Working for you**

We will not tell you what to do or make judgements

We do

- Keep brief records of what we do
- Welcome feedback, concerns, comments or complaints
Contact Community Services Manager on **01273 66 69 50**
- Support people from any cultural background.
We can arrange interpreters and translation services

For further information on our services and policies or if you would like the information in the leaflet in a different format please contact us at:

Tel: **01273 66 69 50**

Email: info@mindcharity.co.uk

www.mindcharity.co.uk

Funded by:



Brighton and Hove

Community
Legal Service



Registered Charity Number 1071434



For better
mental health



www.mindcharity.co.uk/directory.asp

mind directory



The Mind Directory is an online, comprehensive data base of local services supporting people with mental health and wellbeing concerns.

East Brighton Advice and Information Service

Based at the Healthy Living Centre in Moulescoomb, this service is for any resident living in the East Brighton area. You can phone us or come in for a 1:1 meeting with a worker. Outreach appointments are available

Opening times:
Tuesday-Friday 9-5pm
Tel: 01273 294533

Outreach

Advice and Information session at Brighton Unemployed Families Centre Project. Three 1:1 appointments available.

Opening times
Alternate Fridays 9.30-12.30pm
To book an appt call
01273 601211

Mill View Hospital Resource Room

Weekly advice and information drop-in sessions and additional appointments for hospital inpatients. The Resource Room offers free access to computers and the Internet.

Opening times:
Tuesdays 10-12
Wednesdays/Thursdays 2-4pm
and alternate Thursdays 10-12
Tel: 01273 696011 ext 2453

Community Advocacy

Need an advocate to speak up on your behalf, help you challenge a decision or explore your options with you? An open access service for anyone living in Brighton and Hove. You can ring us to arrange an appointment either at our office or somewhere else convenient for you in the community.

Opening times:
Monday-Friday 9-5pm

Advice and Information Service

An open access advice and information service to anyone living in Brighton and Hove. You can access the service via the telephone or come in for a 1:1 meeting with the worker if required. Outreach appointments are available if necessary.

Opening times:
Monday-Wednesday 9-5pm,
Friday 9-5pm

Training in Mind

Bespoke training for service users, providers and businesses particularly focussed around:

- Mental Health Awareness
- Creating a Healthy Workplace
 - A Toolkit for Stress Management

Information

Need information on mental health issues, diagnoses, treatment options, accessing services and your rights?

Signposting

Need to find out about other services, groups or activities that you or anyone else you care about can access locally to improve your mental wellbeing?

Casework

Need support with making telephone calls, writing letters to services or contacting them on your behalf?

For more information

Tel: 01273 66 69 50 **Email:** info@mindcharity.co.uk

www.mindcharity.co.uk/directory.asp