

## Summer Holiday Support

**Childline 0800 1111:** Telephone and on-line support, information and advice, message boards.

**Text School Nurse 07480 635424:** for confidential advice and support: Relationships, self harm, drugs, bullying

**Counselling Face-to-face/on-line:** (waiting list for support but can call for advice/assessment)

**YMCA Dialogue** offers face-to-face and online counselling, as well as groupwork, for young people aged 11 to 18 in West Sussex. Face to face counselling sessions take place in Billingshurst, Bognor Regis, Burgess Hill, Chichester, Crawley, East Grinstead, Haywards Heath, Horsham, Lancing, Littlehampton, Shoreham and Worthing. Our online counselling takes place on YMCA DLG's online counselling and mental health support platform "e-wellbeing".

Please contact YMCA using the details below if you are interested in receiving either face-to-face or online counselling.

T 07739 893707

[07894 809134](tel:07894809134)

E [community.counselling@ymcadlg.org](mailto:community.counselling@ymcadlg.org)

### Advice and Information:

If you are aged 13-25 you can **drop in** to a **FindItOut** centre to get advice and information:

**FinditOut, Youth Hub@Horsham, Hurst Road, Horsham, RH12 2DN**

#### Drop-in sessions

##### Sexual health

Every Thursday between 3.30pm-5.00pm - Drop in to see a sexual health nurse who can offer the contraceptive pill, injections, emergency contraception and advice.

##### Drug and alcohol support

Every Thursday between 3.30pm-5.00pm - Drop in to see a young person's worker from Change, Grow, Live (CGL) for advice and support around drug and alcohol use.

If you have an issue that we can't help you with, we will always do our best to put you in touch with somebody who can. As well as advice and information there is free internet access.

### Apps:

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://www.nhs.uk/apps-library/searchapps/?query=young+people>

Anxiety Leaflet: <https://drive.google.com/file/d/0B6xALKYcn15DVExUTXN0Ui1vLUc4aXJaWkFHeTINcFZWU3RZ/view>