



Pathways for Traumatic Brain Injury

Click on an organisation to be directed to its website



Military Charity Programmes and Courses

Combat Stress

The primary mental health charity for veterans, providing clinical treatment and welfare support for psychological wounds. 24 hour helpline: 0800 138 1619
General enquiries: 01372 587 000

Help for Heroes

Run in-house programmes, such as Hidden Wounds, for (ex) armed forces personnel requiring psychological support.
Tel: 01980 844280 or 0808 2020 144

Third sector

The Disabilities Trust

The Brain Injury Rehabilitation Trust aims to provide the best quality neurobehavioral rehabilitation for people with complex and challenging needs after brain injury.
Tel: 01924 266344
Email: director@birt.co.uk

Headway

The UK-wide charity that works to improve life after brain injury. Through this network of more than 125 groups and branches across the UK, it provides support, services and information to brain injury survivors, family members and carers, as well as professionals.
Freephone helpline: 0808 800 2244
East Sussex: 01825 724323
West Sussex: 0793885815

Advice and Support

Big White Wall

A free online service for anyone with mental health difficulties (including serving personnel, veterans and their families) to talk about what's troubling them. The service is completely anonymous. Trained professionals, called Wall Guides, are online 24/7. Promotes self-management of mental wellbeing.

Sussex Acquired Brain Injury Forum

SABIF is a group of acquired brain injury survivors, carers, front line professionals and policy makers who wish to advance the brain injury agenda locally. Their aim is to enable a clearer understanding of ABI within the ABI community within Sussex
Contact Katie Russell for more details
katie.russell@asb-aspire.com or 01293 603684

The Ripple Pond

A self-help support network for the adult family members of physically or emotionally injured service personnel and veterans.

Email: admin@theripplepond.org

Tel: 07586 576889/ 07825 296712

www.facebook.com/theripplepond

Impact Initiatives – Helping Sussex people live healthy and fulfilling lives

Helping people to have a voice in important issues in their lives

Working with people who have learning disabilities, physical or sensory impairment, acquired brain injury or autism

Tel: 01903 730044

Email: advocacy@impact-initiatives.org.uk

Phone Support

Sussex Mental Healthline

24hr Support and information to anyone (incl. carers and professionals) experiencing mental health problems including stress, anxiety and depression. 0300 5000 101

[For further information](#)

Samaritans

Provides 24hr support Tel: 116 123
Website provides details for local branches in Bognor Regis, Eastbourne, Brighton, Worthing and Horsham.
Tel: 08457 909090

Statutory Provision

NHS Mental healthcare for veterans

NHS Services available to veterans can be found on the [NHS Choices website](#). There are many treatments available to help people cope with the psychological impact of traumatic events, including cognitive behavioural therapy (CBT). In Sussex these services are overseen by the Sussex Armed Forces Network.

Sussex Armed Forces Network

The Network has been set up to improve standards of NHS Healthcare for Service and ex-Service personnel. A wide range of organisations ensure the health needs of the local Armed Forces community and veterans are being met and considered across local health services.

The Network trains Armed Forces Champions. Champions are predominantly from public service organisations that understand the nature of service life and embed knowledge in their organisation about the Armed Forces, raise awareness of issues affecting personnel and support clients from the Armed Forces community.

Mon - Fri 09:00 to 17:00 Tel: 01273 403693

Sussex Partnership NHS Foundation Trust

Provide specialist mental health services across Sussex. Anyone experiencing emotional or psychological difficulties should contact their GP who will refer them to a Primary Care Mental Health Worker. PCMHWs are qualified mental health professionals based at GP practices and can facilitate access to other specialist services.

Assessment and treatment services

Providing an entry point into specialist mental health services. You will be assessed to decide what care is best for you. This maybe therapy or longer term care where a care co-ordinator will support you through your recovery journey. Your GP can refer you into the correct services.

IAPT – Improving Access to Psychological Therapies

- A free to use NHS programme for adults registered with a GP in the local area. Specialist staff provide talking therapies and self-help courses to help with common mental health difficulties such as stress, anxiety and depression.

E Sussex – [Health in Mind](#) 0300 003 0130

W Sussex – [Time to Talk](#) 01403 227 048

Brighton - [Wellbeing Service](#) 0300 002 060