



Pathways for Dementia

Click on an organisation to be directed to its website



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.

[Rethink Mental Illness](#)

Helps everyone affected by severe mental illness, such as schizophrenia and bipolar disorder, recover a better quality of life. National Advice Service - 0300 5000 927 10:00 – 13:00 Mon-Fri, advice@rethink.org

[Admiral Nurses- The Royal British Legion](#)

Offer support to the carers of those living with dementia in the Armed Forces Community. The Legion works with Dementia UK to provide Admiral Nurses. The focus of the service is to maintain independence and improve the quality of life for carers and families and to provide practical advice they need. Tel: 01293 600 300 Email: tina.wilmer@nhs.net

[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. 08457 909090

Third Sector

[Alzheimer's Society](#)

The leading UK care and research charity for people with this disease and other dementias, their families and carers. Tel: 0300 222 11 22

[Dementia UK](#)

Offers specialist one-one support and expert advice for people living with dementia. Tel: 0800 888 6678

[Henfield Haven- Impact Initiatives](#)

Specialist support and tailored activities – 3 days a week for those with higher needs including dementia. A café, trips on minibus and supported activities Tel: 01273 494747 Email: thehaven@impact-initiatives.org.uk

[Young Dementia UK](#)

Charity to support people whose lives are affected by young onset dementia. Dementia is considered young onset when it affects people under 65 years of age. Tel: 01993 776295

Face to Face Support

MIND

[Local mental health charities](#) operating from local hubs. Provide advice, advocacy, day services, education and training, outreach services and support groups. [Brighton and Hove](#) , [West Sussex](#)

Statutory Provision

[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.

[Sussex Partnership NHS Community Mental Health Services](#)

Community services cover all treatments not based in a hospital. This could take place in your home or at a local assessment and treatment centre (ATC). Community teams bring mental health professionals together, including specialist nurses, psychologists, psychiatrists and therapists.

[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, 09:00-17:00 Mon-Fri, 01273 403693

[Memory Assessment Service](#)

The aim of this service is to provide early detection, diagnosis, treatment and care if you have problems associated with dementia. Swandean - Tel: 0300 304 0055 Horsham - Tel: 01403 223200 Chichester - Tel: 01243 791883

[Dementia Crisis Team](#)

This service provides high quality care if you have healthcare needs related to dementia, or if you are an older adult with specialist needs as a result of complex mental health problems. Linwood, Haywards Heath Tel: 01444 416 606

[Care Home Outreach Team](#)

A specialist mental health team working in partnership with care and nursing homes to improve the quality of life of people with dementia. Tel: 01323 446041

IAPT – Improving Access to Psychological Therapies

- Provides 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