

**Military Organisations**

**[Royal Marines & Royal Navy Children's Fund](#)**

Supporting children whose parents are working or have worked for the Naval Service. Help is provided when not available from family or statutory services.  
Tel: 02392 639534

**[SSAFA](#)** offer activities for children and young people from service families, including those with an additional need or disability, their siblings and Young Carers  
Tel: 0800 731 4880

**[Forces Children's Trust](#)**

Charity devoted to helping children whose parent has died or sustained life threatening injuries whilst serving as a member of the British Armed Forces or Civilian Forces.  
Tel: 01737 361077

**[The Royal British Legion](#)**

Offers free week-long Adventure Breaks to children of men and women who are currently serving, or have served in the Armed Forces.  
Tel: 0808 802 8080

**[Little Troopers](#)**

This is a registered charity supporting all children with parents serving in the British Armed Forces. Provide resources, initiatives and events to ease and aid separation periods.  
[info@littletroopers.net](mailto:info@littletroopers.net)

**Phone Support**

**[ChildLine](#)**

Get help and advice about a wide range of issues. Call the free phone number **0800 1111**. Or talk to a counsellor online via the 1-2-1 chat

**Young Carers**

**Young Carers and Young Adult Carers**

A Young Carer is a child or young person under the age of 18 carrying out significant caring tasks and assuming a level of responsibility for another person, which would normally be taken by an adult'

There are several organisations across Sussex that provides dedicated support for young carers.

- [The Carers Centre for Brighton and Hove](#)
- [West Sussex Young Carers Service](#)
- [Carers Support West Sussex](#)
- [Care for the Carers \(East Sussex\)](#)
- [East Sussex Young Carers](#)

**[weKonnekt](#)**

Visit their website to access an app developed by young carers. The app helps young carers get back into society, meet others like themselves and access the essential support services that they need all in one place.

**Statutory Provision**

**School Nursing** is a universal ill health prevention and health promotion service offered to children and families from school entry. Providing support and advice on many areas: emotional wellbeing, bullying, healthy eating, sleep and behaviour management.

**[Virtual School Nursing Messaging Service](#)**

ChatHealth is a confidential messaging service for young people aged 11 to 19. It can help provide advice on a range of issues, such as bullying, emotional health and wellbeing, relationships and substance misuse issues. Accessible Mon to Fri 09:00-16:30  
Brighton and Hove – 07480 635423  
West Sussex- 07480 635424

**NHS**

The [Children and Adolescent Mental Health Service \(CAMHS\)](#) team work closely together to support children and young people with emotional and mental health need.

- [Brighton and Hove](#) - 01273 718680
- [West Sussex](#) - 01903 286754
- [East Sussex](#) - 01323 446070

**Local Authority**

**Children's Services- Safeguarding**

Local Safeguarding Children Boards have been established by the government to ensure that all organisations providing services for children work together effectively to safeguard children and promote their welfare. In Sussex these can be accessed via:

- Multi Agency Safeguarding Hub (MASH)**
- [Brighton & Hove](#) - 01273 290400
- [West Sussex](#) - 01403 229900

[East Sussex Single Point of Advice](#) if you are concerned about a child – Tel: 01323 464222

**Community/Specialist**

**[Youth Emotional Service- Find it Out Centres](#)**

This is a free service for young people aged 11-17 who have issues that are affecting their wellbeing in West Sussex.

**[Young Persons Centre](#)**

Drop in centre in Brighton, providing a safe space for anyone aged 13-25. Offering 1-1 support for mental health, learning difficulties, substance misuse etc Tel: 01273 887886

**[Targeted Youth Support](#)**

Supporting young people and families with emotional wellbeing, prevent crime and risky behaviours in East Sussex.

**[RUOK?](#)**

Working with under 18s whose lives are affected by substance misuse in Brighton & Hove. Tel: 01273 293966

**[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 Service Champions. Service 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.

**Online Support**

**[E-motion](#)**

A free online counselling project for young people aged 13-25 in Brighton and Hove.

**[Kooth](#)**

Free, safe and anonymous online support for young people

**[Youngminds](#)**

Information, advice and support for parents with young people affected by mental

**[Big White Wall](#)**

For those 16 years + it is a safe, confidential, online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals. Free access for family members of UK serving personnel and veterans.

**Bereavement Support**

**[Cruse Bereavement Care](#)**

One to one support, advice and information to anyone affected by a death  
West Sussex Tel: 0300 311 9959  
East Sussex Tel: 01323 642942  
Brighton and Hove Tel: 01273 234007

**[Winston's Wish](#)**

Bereavement support programme for children and young people from military families across the UK affected by the death or life limiting illness of a parent or sibling.  
National helpline Tel: 08088 020 021

**[Scotty's Little Soldiers](#)**

Provides support to individuals aged 0-18 who have lost a parent who was a serving member of the British Armed Forces at the time of their death, or was medically discharged due to an illness which subsequently led to their death.  
Tel: 01553 763000