

Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
Mental Health	Rethink Mental Illness	This website offers advice and information. They have useful factsheets that can be downloaded. They offer general advice with regards to mental health.	Website: www.rethink.org General Enquiries: 0121 522 7007
	Mind	Mind has many available resources, help and advice detailed on the website for young people, parents and professionals.	Info line: 0300 1233393 website www.mind.org.uk
	Health in Mind https://www.healthinmind.org.uk/what-we-do	Health in Mind receive many referrals from people who don't know what's wrong. They encourage people to identify symptoms and make a referral sooner. Tackling issues at an early stage means quicker access to treatment and can prevent symptoms worsening.	Online self referral page: https://www.healthinmind.org.uk/referral
	The Bower Tree http://thebower-tree.co.uk/	The Bower Tree believes that access to counselling and therapy should not be limited by age, financial situation, ethnicity or social background. Their mission is to address this by offering low cost/free counselling, therapy and wellbeing sessions to individuals, groups and families in Sussex.	Email: info@tyhebowertree.co.uk
	Place2Be	Provides mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research.	https://www.place2be.org.uk/
	The Old Bank Wellbeing Trust	A charitable organisation providing counselling and psychotherapy services.	https://theoldbankwellbeing.org.uk/