

AGED 11-25?

**NEED SUPPORT
WITH YOUR...**

- MENTAL, PHYSICAL & SEXUAL HEALTH
- FAMILY AND PEER RELATIONSHIPS
- EDUCATION AND EMPLOYMENT
- HOUSING AND HOMELESSNESS
- CRIMINAL / SEXUAL EXPLOITATION
- SUBSTANCE MISUSE



INFORMATION, ADVICE & GUIDANCE

On a wide range of
wellbeing issues

REFERRAL & ASSESSMENT

to our partner services:

Youth Emotional Support, YMCA Dialogue,
Be Okay, NHS Time to Talk, CGL, Allsorts
Youth, CMHL, CAMHS, AMHS...

BITESIZE SUPPORT

Phone / video sessions,
supporting you to maintain
your emotional wellbeing
throughout COVID-19.

Call or email the Early Help Duty Team:

**MID-SUSSEX, CRAWLEY
& HORSHAM**

**ARUN, CHICHESTER,
WORTHING & ADUR**

0330 222 8087

EARLYHELPDUTYNORTH@WESTSUSSEX.GOV.UK

0330 222 8077

EARLYHELPDUTYSOUTH@WESTSUSSEX.GOV.UK