

## Crisis Support



We recognise the courage it takes to reach out for support, and we aim to get back to you as quickly as we can. However, **we are not a crisis service** and we are not always able to provide an immediate response to enquiries.

**If you have been raped or sexually assaulted in the last 7 days** please visit [our dedicated page](#).

**If you have not been assaulted in the last 7 days but feel that you cannot wait to obtain support** you may wish to:

- Contact our [helpline/email service](#) for emotional support
- Look at [our resources page](#) to find out if there are any self-help resources that you can use whilst you are waiting.
- Speak to your GP, explaining that you have been referred into specialist services but that you are waiting for ongoing support and there will be a waiting list.
- [Use existing helplines and webchat services](#) for emotional support so that you can speak with someone who understands the impact of sexual violence about how you are feeling.

**If you are experiencing a mental health crisis, are feeling suicidal or require urgent medical support:**

- In an emergency situation, please dial 999
- Call NHS 111
- Go to your local Accident and Emergency Department
- Contact your local Mental Health Crisis Team (details below)

**Brighton Mental Health Rapid Response:** Call 0300 304 0078. The Mental Health Rapid Response Service (MHRRS) is a rapid assessment service for patients suffering from mental health problems who are at risk and may not be able to keep themselves safe, or are considering attending A+E for help with their mental health. Available 24 hours a day, seven days a week, and health professionals, carers or patients can ring for advice.

**Sussex Mental Healthline** – 0300 5000 101 – provides a 24/7 service to people needing urgent help with their mental health. As well as crisis support it will provide psychological support to people who have general concerns about their mental health. Registered clinicians are at the other end of the freephone number to provide help, support and advice to anyone who needs it, at any time of the day or night, regardless of their age or where they live in the county.

**Adult Social Services: Emergency Duty Service** 01273 295555 Service provided by Brighton and Hove City Council Social Services for emergencies outside office hours. Mon-Thurs 5pm to 8.30am, Fri 4.30pm to Monday 8.30am inclusive, Bank holidays – 24 hours a day.