Helpful contacts list



Connect to Support

Online information on care and support, disability and health

West Sussex Connect to Support



Social Care

Request a social care assessment or advocate –

Tel: **01243 642121**

Email: socialcare@westsussex.gov.uk



My Network

Drop-in centres for information and advice run by the Aldingbourne Trust. For people aged 16+ with a lifelong disability and no other funded support package

Aldingbourne Trust No. 73 website

Local Hub details





- Healthwatch complaints about health services. Tel: 0300 0120 122
- Health Facilitation Team support with health appointments for learning disability.
 Tel: 01403.620438
- PALS when you have a concern in a hospital.

PALS patient advice and liaison service



Mental Health

Pathfinder is the network of local community mental health support

Pathfinder West Sussex website

Mental Health Crisis contact <u>Sussex Mental</u> <u>Healthline</u>

Call **NHS 111** and **select option 2** or dial **0800 0309 500**

Helpful contacts list



Housing, benefits, and other community support

Citizens Advice

Citizens Advice West Sussex website

Tel: **0808 278 7969**

Contact your Local District or Borough Council

Local Community Groups and support details from Library Services Tel: **01243 642111**

Over 50s advice call Age UK Tel: **0800 019**

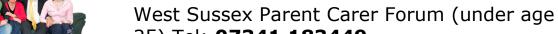
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Carers



Carers Support West Sussex website

Tel: **0300 028 8888**



25) Tel: **07341 183449**

Reaching Families website

Tel: **01903 366360**



Advocacy

Statutory Advocacy Service (POhWER)

POhWER website

Other support



Bus Pass Tel: **0330 222 6222**

Direct Payments – Independent Lives

Tel: **01903 219482**