

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](#)



Health

- 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 [Sussex Mental Healthline](#)

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 1310**

Carers



[Carers Support West Sussex website](#)

Tel: **0300 028 8888**

West Sussex Parent Carer Forum (under age 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**