



YP Information Sheet

Find It Out Centres:

Location	Phone	Mobile
Bognor	01243 867 430	-
Burgess Hill (Mid Sussex)	01444 243 922	-
Chichester	01243 538 587	-
Crawley	01293 843 327	07864 993 389
Horsham	01403 213 568	07894 809 134
Lancing (Adur)	01903 763 639	07545 200 677
Littlehampton (Arun)	-	07718 322 346
Worthing	01903 210315	-

Please check www.yourspacesussex.co.uk for further information about Find It Out Centres, including opening times.

Our drop in times at Find It Out Centres:

Location	Worker	Mon	Tue	Wed	Thu	Fri
Bognor	Linda		14:00-16:00			
Burgess Hill	Sammy					13:30-17:00
Crawley	Matt			14:00-17:00		
Lancing	Melissa				14:30-16:30	
Horsham	Sophie				14:00-16:00	
Worthing	Sabrina		13:30-17:00			

Please call us on 0300 303 8677 (option 1) to arrange an appointment in Chichester

Other useful contacts:

FRANK: 0800 776600

Childline: 0800 1111

NHS Direct: 111

Samaritans: 116 123

Mental Health Help Line: 03005 000 101

FRANK: www.talktofrank.com

Mental Health & Wellbeing: www.youngminds.org.uk and www.kooth.com

Council Youth Services: www.yourspacesussex.co.uk

Alcohol Information: www.drinkaware.co.uk and www.talkaboutalcohol.com

Support for Under 25s: www.themix.org.uk