

Southdown Homelessness Prevention & Mental Health Support (Brighton & Hove)



Preventing homelessness

Improving mental health

Wellbeing and independence

Southdown Homelessness Prevention & Mental Health Support in Brighton and Hove provide short-term, flexible support to prevent homelessness and improve people's mental health and wellbeing.

We can help you in a range of areas:

Housing Support

- Support to prevent eviction by working with landlords and housing agencies
- Help and support to find new accommodation
- Support with budgeting and welfare benefits
- Understanding responsibilities and rights as a tenant / home owner

Mental Health Support

- Support to build self-confidence, reduce isolation and improve mental wellbeing
- Help to develop links with community agencies and groups
- Substance misuse support
- Help to access health services
- Help to access employment and learning opportunities
- Support for families and carers

How does the service work?

You will be offered an informal one to one with one of our team to discuss

your situation and how we can help. We will then work with you to create an action plan tailored to your needs. We will review your plan regularly and reduce support as goals are achieved.

Am I eligible?

This is a free service for adults in Brighton and Hove who are at risk of homelessness, need support to secure or sustain their accommodation and/ or have an identified mental health need.

How do I apply?

We accept self-referrals and referrals from services and organisations in Brighton and Hove on behalf of individuals, including Supported Housing providers, Health Trusts and GPs. To make a referral download a referral form from our website or get in touch using the details below.

Get in touch:

Phone: 01273 929 426

Text: 07340 280 415

Email: brighton.support@southdown.org