



Launched on the 10th October 2019

communityroots

Mental Health & Wellbeing
Support in Brighton & Hove

Community Roots is a network of local community services working together to support good mental health and wellbeing in Brighton & Hove.

Alongside a range of prevention, wellbeing and recovery support, a freephone number and website is available to help navigate and access services.

If you need support, or know somebody that does, please call us:

0808 196 1768

Lines open Monday to Friday, 9am to 5pm

Or, visit www.communityroots.org.uk

You can also follow us on Facebook @bhcommunityroots and Twitter @bh_roots



Community Roots is provided by Southdown in partnership with 15 local mental health providers, NHS Brighton & Hove CCG and Brighton & Hove City Council.

