

# Walsall Mental Health Information Hub



**Walsall** Council



**Walsall**

Clinical Commissioning Group



# Service Directory

Aaina Hub

Accord Outreach Service

Age Matters

Aldridge Men's Shed

Asian Ladies Group

Asian Men's Group

Black Country Women's Aid

Bereavement Help point

Blue Hearts Bereavement Support Group

Caldmore Community Garden

Caldmore Men's Shed

Calm Space peer support

Camden House

Community Perinatal Service

Expert Patient Programme

Family Matters

Friendship Group Pelsall

Friendship Group Walsall

Glebe Centre

Health Watch Walsall

Lonsdale House

Male carers Group

Making Connections

Mind Matters Cafe

My Time Active

Pathways for life

Priory Lakeside View

SilverCloud

St Paul's Support Group

Suicide Bereavement support group

Support Group for Hoarders

Think Again Peer Support Group

Thrive into work

Walsall Bereavement Services

Walsall Black Sisters Collective

Walsall Enablement & Recovery Service

Walsall Link Line

WHG Wellbeing Homes

WHG Wellbeing Homes

WPH Counselling



Our mental health advice - Crisis contacts

### Who to contact if you need urgent support in a crisis

If you feel suicidal or feel like harming yourself or other people:

- [Call 999](#)
- Go to your nearest **Accident and Emergency department (A&E)**. You can search for your local department through the [NHS Choices website](#)

### For non-emergency situations:

- Visit your GP

### Mental Health Services:

If you are already receiving support from **Dudley & Walsall Mental Health Services** you should have a care plan. This will include details of who to contact in a crisis.

### If you can't find your care plan:

#### During the day

Contact your **Community Mental Health Team (CMHT)** and ask for your **care co-ordinator** or the person on duty. Please call the number that has been provided to you via your mental health team or alternatively please contact the hospital switchboard on **01922 607000**.

#### During evenings, weekends or bank holidays

**Out of hours** (after 5pm or on holidays/weekends), please call the number that has been provided to you via your mental health team or alternatively please contact the hospital switchboard on **01922 607000**.



## Emotional support

If you would like to talk to someone about your problems, you may find an emotional support line useful. Some to try are:



### **Samaritans**

Offering emotional support 24 hours a day

Tel: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

### **Sane Line**

Offering specialist mental health emotional support 4.30-10.30pm everyday.

You can also email through their website.

Tel: 0300 304 7000

Web: [www.sane.org.uk](http://www.sane.org.uk)

**Need practical advice & info? We can help.**

Contact our national [Advice team](#) about mental health & related issues

[0300 5000 927](tel:03005000927) Monday - Friday 9.30am - 4pm, not including bank holidays



# Factsheets

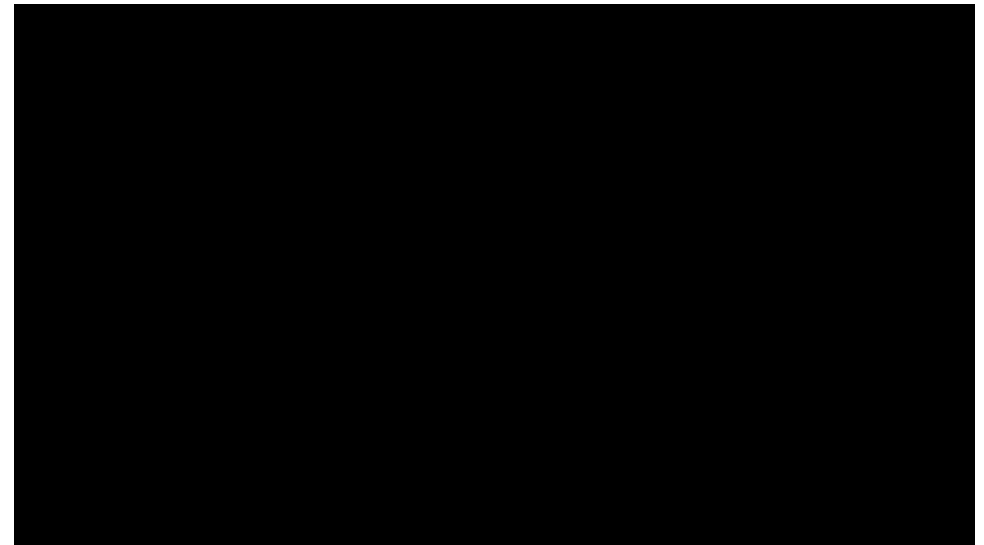
**Here you'll find a wide range of over 100 factsheets on topics from medication to the Mental Health Act, which have been created by experts at Rethink Mental Illness' Advice and Information Service. All of them have achieved the Information Standard for their clarity and simplicity.**

<https://www.rethink.org/advice-and-information/browse-all-topics/>





The Zero Suicide Alliance is a collaborative of National Health Service trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. The aims of this training are to: enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.



[Suicide Prevention continued](#)



You might not know it, but you already have all the experience you need to help save a life. Because the small talk we use every day can be all it takes to interrupt someone's suicidal thoughts and start them on a journey to recovery. Samaritans in partnership with Network Rail, British Transport Police and the wider rail industry, are making a simple ask ... If you see someone you think might need help, trust your instincts and start a conversation. You could help save a life. For every life lost on the railways, six are saved by those around them. To find out more, visit <http://www.samaritans.org/smalltalksa...> [#SmallTalkSavesLives](#)



## Adult Services

Dudley & Walsall Mental Health Partnership offer a range of services for adults in both community and inpatient settings.

The teams are recovery-focused and work with individuals to ensure they are supported with the most appropriate care for their needs.

The adult services support people with a range of mental health conditions including depression, anxiety, stress, Bi-Polar Disorder and schizophrenia.

## Community Services

- [Community Recovery Services](#)
- [Complex recovery team](#)
- [Dudley Talking Therapy Service](#)
- [Early Intervention in Psychosis](#)
- [Eating Disorder Services \(Community\)](#)
- [Primary Care Mental Health Services](#)
- [Walsall Talking Therapies Service](#)



**Dudley and Walsall  
Mental Health Partnership**  
NHS Trust

Services Continued...





## Community Recovery Services

### What is this service?

There are two Community and Recovery Teams in Walsall. The teams provide services to people who have a range of severe and persistent mental health problems and require ongoing treatment and interventions. They may also have substantial or critical social care needs directly associated with their mental illness. The service aims to improve independence and access to community care, and increase stability in the lives of service users and their carers.

**Download the Walsall Community Recovery Service leaflet [here](#).**

### How can I access the service?

The [Early Access Service](#) in Walsall will identify the most appropriate service for you and can refer you to the Community Recovery Service where required.

### Where is the service provided?

#### Walsall (North)

Mossley Unit  
Sneyd Lane  
Bloxwich  
WS3 2LW  
Tel: 01922 607900

#### Walsall (South)

Anchor Meadow  
Westfield Drive  
Aldridge  
Walsall  
WS9 8AJ  
Tel: 01922 608900



**Dudley and Walsall  
Mental Health Partnership**  
NHS Trust

Services Continued...



## Early Intervention in Psychosis – Adults

### **What is this service?**

The Early Interventions in Psychosis service offers people – aged between 14 and 35, with a recent diagnosis of psychosis – intensive interventions aimed at preventing relapse and hospital admission. It aims to promote less traumatic and stigmatising recovery whilst preventing further episodes of psychosis.

The team works with a variety of youth, community and health agencies to assist young people in accessing accommodation, financial support, education, training, work and specialist counselling services.

### **How can I access the service?**

This service is accessed via the Mental Health Assessment Service in Dudley and Early Access Services in Walsall and acute service in both locations.

### **Where is the service provided?**

Services will be provided in a range of community settings, including the individual's home.



**Dudley and Walsall  
Mental Health Partnership**  
NHS Trust

Services Continued...



## Eating Disorders Service (Community)

### What is this service?

This is a specialist service provided across Dudley and Walsall, exclusively for people who have an eating disorder. In the absence of an eating disorder we are unable to provide services for clients suffering from obesity. However we are able to advise of alternative services.

**Download our Eating Disorders Service leaflet [here](#).**

### How can I access the service?

This service can be accessed via referral from Community Recovery Service or Early Access Service.

### Where is the service provided?

The service is provided at the nearest local mental health units, primary mental health services or home visits when appropriate.

Kingshill Centre

School Street

Wednesbury

WS10 9JB

Tel: 01922 608400 or 01922 607470



**Dudley and Walsall  
Mental Health Partnership**  
NHS Trust

Services Continued...



## Walsall Talking Therapies Service

Walsall Talking Therapies Service supports people with depression and anxiety symptoms. They can help people aged 17 and over who are registered with a Walsall GP.

Depending on your needs, they can provide many kinds of treatments in line with best practice, such as Cognitive Behavioural Therapy, Eye Movement Desensitisation and Reprocessing, guided self-help, Computerised Cognitive Behavioural Therapy (cCBT) and our series of six, weekly wellbeing courses. Find out more in the Walsall Talking Therapies [leaflet](#).



Services Continued...



## Community Perinatal Team



**NHS**  
Dudley and Walsall  
Mental Health Partnership  
NHS Trust





<https://aainahub.com>

Aaina provides accessible services that cater for women and their children in Walsall that enables them to aspire and achieve through Education and Training, Support Services and Community Engagement.

### **Email**

[info@aainahub.com](mailto:info@aainahub.com)

[info@iq-ss.co.uk](mailto:info@iq-ss.co.uk)

### **Call**

01922 644006

Aaina Community Hub  
Bath Road, Caldmore  
Walsall, WS1 3BS





The Outreach Service provides support for customers whose primary needs relate to their mental health and support is centred around the individual. They can help with anything from supporting customers with attending appointments, shopping, cooking, housekeeping, medication, social, recreational, educational and work related activities, managing a tenancy, budgeting, paying bills and mental health support and signposting.

### Referral Process

Prospective customers will usually have experienced mental ill-health to the extent that they need help from their GP, community psychiatric nurse, social worker or other agency, including in-patient services. Therefore referrals are usually made via an individual's care co-ordinator. However, individuals can still self refer if they have no care team supporting them in the community. An initial referral can be made by calling Camden Street on 01922 641483.





Accord Age Matters, formerly Age UK Walsall, offers a wide range of services for people aged 50+ across the whole of the Walsall borough.

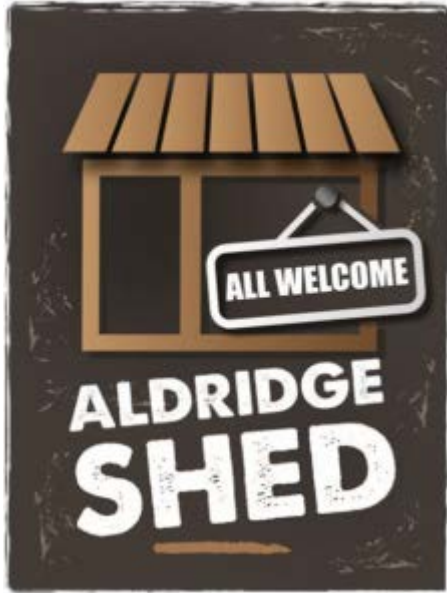
Our Community Engagement Centre will be delivering a range of activities throughout the week which aim to provide interest for a wide range of people aged 50+ .

**CONTACT US on 01922 638825**

<http://www.accordagematters.co.uk>







Aldridge Shed, now starting its third year, is a group of crafters, both men and women, who meet regularly to design, construct and repair various items, mainly from wood but also from other materials. In the process they meet like minded enthusiasts and skills are learnt and passed on to the benefit of all. A good rapport is achieved in this way.

The group are from a variety of backgrounds and occupations. Skills also vary and some take up a new one which has interested them. There is a keen desire within the group to develop and further the skills of each in the course of the sessions.

Want to know more:

email [aldrigeshed@gmail.com](mailto:aldrigeshed@gmail.com). Tel 07973 657328 or pop in for a chat.

We can be found at Alrewych Court 220 Northgate, Aldridge, WS9 8AF. [Contact us](#) has more information.





**Asian Women's Support Group** – a group of carers caring for loved ones with disabilities across the spectrum

A chance for carers with similar circumstances to get together and either have some free time away from their caring role or alternatively, use the experience of others in a similar situation to talk and resolve problems and difficulties.

**These usually meet once or twice a month for 2 hours at our  
town centre location The Crossing at St Pauls  
For up to date information on these groups please contact the  
centre on 01922 610810 or email us  
at [contact@walsallcarers.org](mailto:contact@walsallcarers.org)**





**Asian Mens Support Group** – a group of carers caring for loved ones with disabilities across the spectrum

A chance for carers with similar circumstances to get together and either have some free time away from their caring role or alternatively, use the experience of others in a similar situation to talk and resolve problems and difficulties.

**These usually meet once or twice a month for 2 hours at our  
town centre location The Crossing at St Pauls  
For up to date information on these groups please contact the  
centre on 01922 610810 or email us  
at [contact@walsallcarers.org](mailto:contact@walsallcarers.org)**





# Black Country Women's Aid

*we listen, we support, we care*

**We listen. We support. We care.**

**Black Country Women's Aid is an independent charity which has supported survivors of domestic abuse and sexual violence in the West Midlands for 30 years.**

**Our sensitive and holistic support and refuge services help victims of domestic abuse, rape and sexual violence, child sexual exploitation, modern slavery and women involved with the criminal justice system to escape from violence, cope with trauma and rebuild their lives.**

**Need help? Call us on [0121 553 0090](tel:01215530090)**

**<https://blackcountrywomensaid.co.uk>**





## Hospice Care

### Bereavement Help Points

Many of us find talking about dying hard because we're afraid of saying the wrong thing. But we know from experience that talking about death can be incredibly positive.

That's why we operate several bereavement help points across the region.

If you are experiencing or have experienced bereavement (regardless of how long ago), you will be made very welcome at one of our free weekly drop-in Bereavement Help Points.

There will be information on coping with both the practical and emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers and perhaps meet others in a similar situation. For more information, please call us on **01543 434536**.

#### Tuesdays

**Walsall:** 10.30am – 12.30pm

Rushall Community Centre, 10 Springfields, Walsall, WS4 1JX

#### Fridays

**Walsall:** First and third Friday of the month, 10am – 12 noon

Furzebank Worship Centre, Rosedale Infants School, Stroud Avenue, Willenhall WV12 4EG





## **Blue Hearts Bereavement Peer Support Group**



Losing someone you care about can make you feel many different ways. We provide a safe, friendly, supportive environment for you to talk openly and honestly about how you are feeling. Where you will receive empathy and support from peers who have experienced bereavement.

Fortnightly Sessions held at Bentley All Ages Activity Centre,  
Wilkes Avenue, Bentley, WS2 0JN

If you have any questions please contact:

The Walsall Enablement & Recovery Service

The Small Street Centre,

1a Small Street,

Walsall,

WS1 3PR

01922 707862

[enablement@rethink.org](mailto:enablement@rethink.org)



A community garden is a space for everyone – a place to work, learn and play together. In Caldmore Community Garden you can grow your own food, learn new skills, share what you already know, if you come to Women's Tuesdays or Men's Shed. You can also relax, meet new friends and have fun during Community Open Days. It's a place of potential, and growth from seed to homemade food. It's as diverse as Caldmore itself – everyone is welcome!

If you want to know about some of the activities happening in the garden, watch this film:





### **CALM** Space

**C**aring, **A**ccepting, **L**istening, **M**indful space to inspire HOPE and give support to new and expectant parents.

### **CALM** Peer Support Groups

The groups are held in a non-stigmatised, safe, family friendly environment and offer support to new and expectant parents around low level mental health issues.

If you, or someone you know would benefit from coming along to any of these sessions give us a call 01922 707862 or email [enablement@rethink.org](mailto:enablement@rethink.org)

