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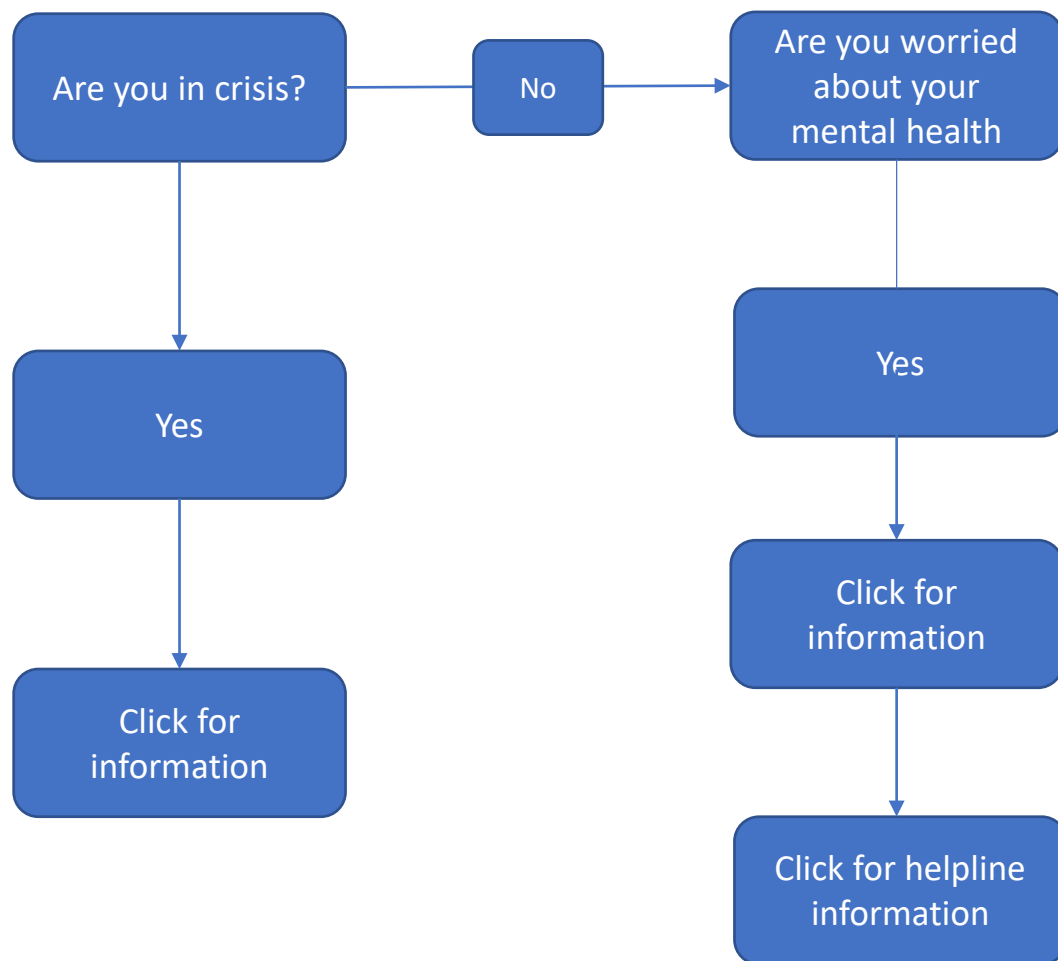
WHG Wellbeing
Homes

WHG Wellbeing
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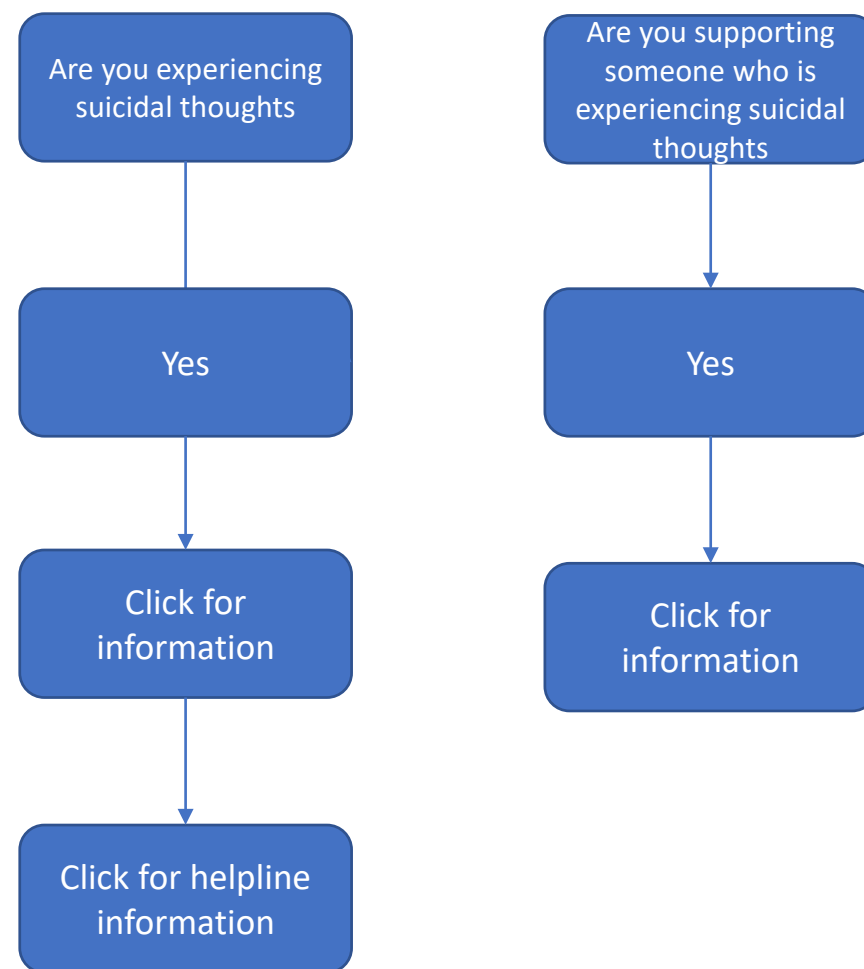
WPH
Counselling



Crisis



Suicidal thoughts



**Who to contact if you need urgent support,
If you feel suicidal or feel like harming yourself:**

Our mental health advice - Crisis
contacts

- Contact [The Sanctuary Hub](#) – during the opening times
- Go to your nearest **Accident and Emergency department (A&E)**. You can search for your local department through the [NHS Choices website](#)
- Call 999 if you are at risk of harming yourself or others.

For non-emergency situations:

- Visit your GP

Mental Health Services:

If you are already receiving support from [Black Country Healthcare 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**.



Samaritans

Offering emotional support 24 hours a day

Tel: **116 123**

Email: jo@samaritans.org

Web: www.samaritans.org



Black Country Emotional Support Helpline

Freephone service for those in need of support, reassurance and understanding. Providing support to anyone 16+ experiencing emotional distress, carers, family and friends who require support.

Telephone: **0808 802 2288**

Text: **07860 065 168**

Webchat: www.rethink.org/blackcountryhelpline

Monday to Friday 6pm – 3am, Saturday and Sunday 2pm – 3am

Papyrus UK

Work with people under 35 who are having suicidal feelings. And with people who are worried about someone under 35. Their helpline is open 10am – 10pm in the week. And between 2pm and 10pm at weekends and bank holidays.

Telephone: **0800 068 41 41**

Email: pat@papyrus-uk.org

Text: **07786 209697**

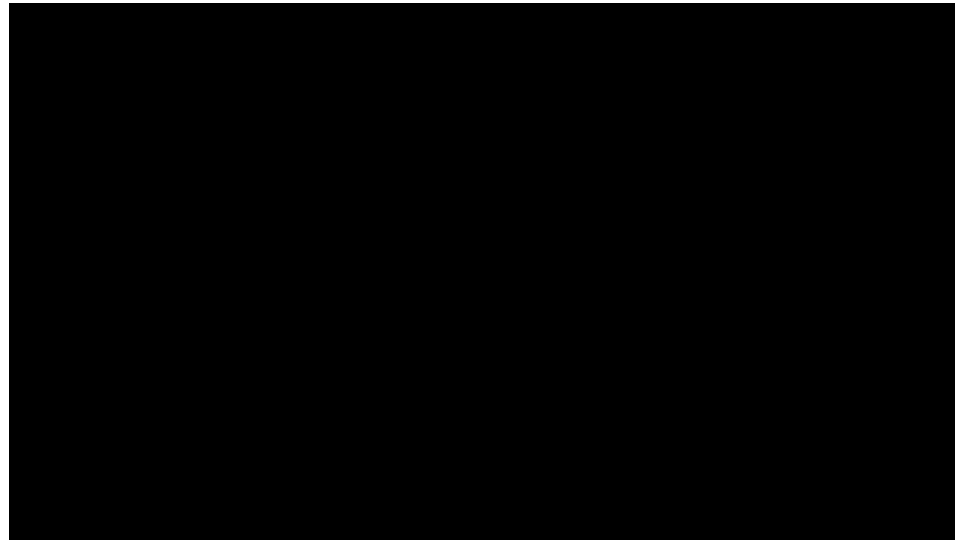
Factsheets

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](#)

SAMARITANS

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](#)





Black Country Healthcare

NHS Foundation Trust

Adult Services

Black Country Healthcare 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](#)

[Services Continued...](#)



Black Country Healthcare

NHS Foundation Trust

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) Walsall (South)

Anchor Meadow

Westfield Drive

Aldridge

Walsall

WS9 8AJ

Tel: 01922 608900

Mossley Unit

Sneyd Lane

Bloxwich

WS3 2LW

Tel: 01922 607900

Services Continued...





Black Country Healthcare
NHS Foundation Trust

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.

[Services Continued...](#)



Black Country Healthcare

NHS Foundation Trust

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

Services Continued...





Black Country Healthcare

NHS Foundation Trust

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](#).

Self-refer by phone

0800 953 0995



Self-refer online

Click here to access the
online referral form



Services Continued...





Community Perinatal Team



Black Country Healthcare
NHS Foundation 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

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. 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



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



Black Country Women's Aid

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**.

Tuesday

Walsall: 10.30am – 12.30pm

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

Friday

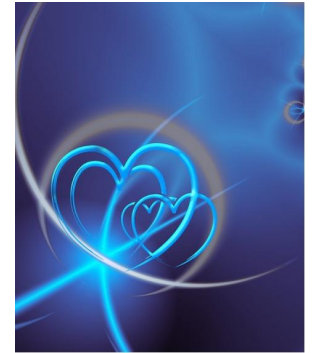
Walsall: First and third Friday of the month, 10am – 12 noon

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.

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

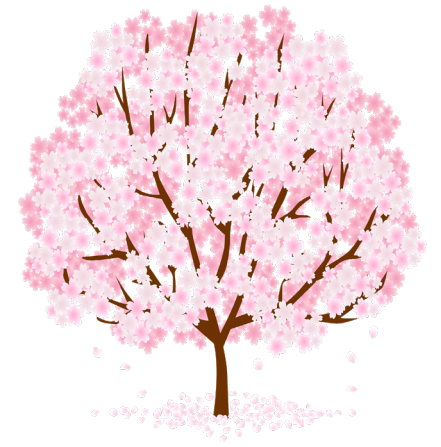
If you have any questions please contact:
The Walsall Enablement & Recovery Service
The Sanctuary
1 Queens Parade,
Walsall,
WS3 2EX
01922 494479
enablement@rethink.org

Caldmore Community Garden

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

Caring, **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 494479 or email enablement@rethink.org



Camden Street

The scheme provides accommodation for men and women aged over 18 who are preparing to move on to greater independence, but who need a little bit of help because of the effects of mental ill health.

Camden Street provides residential support for clients whose primary needs relate to their mental health. Where appropriate, support is also given in managing benefit claims and money management, housekeeping and shopping and obtaining their own tenancy. Please note that the scheme does not provide personal care or nursing services. However, assistance can be provided in setting up such services.

Prospective clients 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. Referrals are made via an individual's care co-ordinator. An initial referral can be made by calling Camden Street on 01922 641483.

<https://accordgroup.org.uk/find-a-service/28>



Expert Patient Programme (EPP)

This is a self care management training course for patients with chronic diseases or for carers of patients. The courses are 2 ½ hours per week for six weeks.

Each week, two tutors lead a group of 10-16 participants with the primary aim of helping people develop self-management skills, such as problem solving and goal setting. These skills help people to gain confidence and take control of their life.

The course covers a range of topics including:

- relaxation techniques
- dealing with tiredness/fatigue
- exercise
- healthy eating
- coping with depression
- communicating with family, friends and professionals
- planning for the future

Tel: [01922 605490](tel:01922605490)

Caldmore Men's Shed

Caldmore Community's Gardens' Men's Shed project aims to create a regular meeting space for men in Caldmore Community Garden where they can develop ideas and collaborative projects through regular meetings and activity sessions. They have been meeting every Monday morning for over a year and in that time they have created their own growing bed for fresh vegetables, built a fully kitted workshop and created a Tree House in the Community Garden.

They are an easy-going group who always welcome new people.

Participants don't have to have any previous experience of doing anything practical or of getting involved in groups. When they take on projects they plan and do them together learning from each other. Most importantly it's free to join! All they ask is that participants come and get involved. Its open to men of all ages, cultures and backgrounds.

We meet every Monday between 10.00 am and 12.30 pm. Every session starts with a sit down and a cup of coffee while they plan their morning together.

For more information contact Steve on 07970 856148.



Family Matters

Are you looking to learn new skills or seeking to find new work?

If you need help and support, we can put you in control of the changes you want to make and support you to discover and develop new and existing skills.

We offer one to one mentoring and support to help you achieve your potential.

Family Matters at YMCA is a brand-new project supporting people to overcome life's challenges, with the ultimate goal that you will make positive changes, learn new skills, and/or gain employment, which benefits you and your family.

Your Family mentor will give you one to one support that will motivate and encourage you to see your possibilities rather than your limitations.

Together, we can help you get ahead!

For more details on Family Matters, contact our Family Support Mentor:

Walsall – 07834176397

Pelsall Friendship Group

Meet weekly at:

Twin Crescents Community Room, Grove Crescent Pelsall WS3 4NG

Walsall Friendship Group

Meet weekly at:

Burrowes Street TMO Burrowes Street Walsall WS2 8NN



The Glebe Centre is a multifunctional hub from where a variety of services are delivered that serve vulnerable adults in Walsall. Our skilled and friendly staff and volunteers work with a variety of individuals with differing needs.

At the Glebe Centre service users present with an array of problems such as:

- Homelessness
- Mental Health
- Drugs
- Alcohol
- Unemployment

Support workers are available to provide advice and information on health issues, training, employment and substance misuse issues and offer general support and advice on a one to one basis. We also deliver a needle exchange facility a needle pick up service and a condom service for sex workers.

We offer a range of services and house a skilled worker who specialises in homelessness and accommodation with the aim of ensuring that all service users who require it have access to housing advice and support.

We have a laundry and free male and female showers so that service users have access to cleaning facilities and a clothing room so that our clients can gain access to a clean change of clothes. We supply a free breakfast between 10am and 10:30am and also provide a hot course lunch for 50p between 12 – 1pm.

The Glebe Centre is open Monday to Friday between the hours of 10.00am-2.00pm.

You can email us at theglebecentre@ymcabc.org.uk





Healthwatch Walsall is an independent consumer champion created to gather and represent the views of the public. Healthwatch will play a role at both national and local level and will make sure that the views of the public and people who use services are taken into account.

At a local level, Health watch Walsall will work to help people get the best out of the health and social care services in their area; whether it's improving them today or helping to shape them for tomorrow. Local Healthwatch is all about local voices being able to influence the delivery and design of their services – not just people for who use them, but for anyone who might need them in the future.

info@healthwatchwalsall.co.uk
[0800 470 1660](tel:08004701660)



Lonsdale House is a registered care home located in a highly popular residential area of Walsall, regulated and inspected by the Care Quality Commission.

The scheme provides a home for men and women aged over 18 who are preparing to move onto greater independence, but who need help because of the effects of mental ill health. Lonsdale House provides life skills training together with emotional and social support with personal care if required. Importantly, staff are committed to helping those living at Lonsdale House to build their confidence in order to make personal decisions, make friends, enjoy education, training and leisure.

Getting a placement

Prospective clients 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. Referrals are made via an individual's care co-ordinator.

Telephone: 01922 721566

Making Connections Walsall



A friendly service for older people addressing loneliness and social isolation



Making Connections Walsall tackles loneliness and social isolation by offering one-to-one support to help older people engage in community activities and build social networks.

A friendly service for older people addressing loneliness and social isolation. Making Connections Walsall provides older people in Walsall with an opportunity to explore their social needs and interests. It offers older people support to build their social networks and engage in community activities.

For more information or to make a referral call: 0121 380 6690

Pathways4Life Mind Matters Cafe

Pathways4Life Mind matters café is provided jointly between Pathways 4 Life, Walsall Link Line and Therapy Liaison and Community service (TALCs). The service provides support to people within an informal, friendly and relaxed environment. Information around other services and support is shared and promoted. Coping mechanisms/strategies are explored at each café to encourage and empower individuals to improve their low mood, depression, anxiety and other mental health conditions they may be experiencing. Information about local services and signposting to other organisations which can give help and advice is also available.

Pathways4Life Mind Matters Cafe
St Catherine's with St Chads Church, Edison Road
Walsall
West Midlands
WS2 7HT
[01922 725509](tel:01922725509)



[One You Walsall](#) is your local, friendly team, here to help you eat well, lose weight, gain confidence, be more active, make friends, quit smoking and much, much more.

We've got some great things going on:

- We're giving away **free Slimming World vouchers** (eligibility criteria apply).

To claim yours, call our friendly team on **01922 44 40 44** or email us on oneyou.walsall@nhs.net

- If you'd like to **give up smoking**, give us a call on **01922 44 40 44** and we'll put you in touch with your local NHS stop smoking services

With **free** online tips and quizzes, apps to download, and access to our central hub, [One You Walsall](#) makes small changes for a big difference in your life.

<https://www.mytimeactive.co.uk/health/health-services/walsall>





Pathways 4 Life provide a range of support services for people living with dementia and their carers, funded by Walsall Clinical Commissioning Group. Pathways 4 Life deliver a range of information, advice and support services to include seven dementia cafes on a monthly basis across the Walsall borough offering people with dementia and their families, the opportunity to meet, share experiences and access a range of support services.

Dementia Cafés

Dementia Cafés provide an opportunity for people living with dementia and their carers to come together in a safe environment to meet with people who are experiencing the same thing. Each café provides information via a guest speaker and a social activity with refreshments. In addition, attendees have access to a café coordinator who can provide information, signposting and advice. There are seven cafés per month held at various community venues in addition to a weekly café at the Manor Hospital. For more information [email our Dementia Café Co-ordinator](#) or call **07793699141**.

SilverCloud offers FREE online supported Cognitive Behavioural Therapy (CBT) programmes.

What is CBT?

CBT helps you to explore your thoughts, behaviours, physical symptoms and emotions, and teaches you practical strategies that can help you to manage undesirable symptoms.

SilverCloud is a popular first choice for those seeking support with stress, anxiety or low mood. Programmes will be tailored to meet your specific needs.

Don't want to wait for treatment – If your symptoms are mild then SilverCloud gives you the opportunity to get help instantly from the online programmes without having to wait for an appointment.

The programmes have demonstrated high improvement rates for those who are experiencing symptoms of anxiety and depression.

SilverCloud is a secure, quick and convenient way to access treatment.

It's flexible – you can access the programmes anywhere on a laptop, tablet or mobile phone; at any time of the day or night to suit you.

Internet access will be required.

The programmes are easy to use – the online tools provided are designed to make the programme interesting and motivational.

How it works

The programmes consist of seven to eight modules which you complete in your own time, at your own pace. Each module provides information and techniques which you can apply to your day-to-day life.

You will have regular appointments with a Psychological Wellbeing Practitioner (PWP) who will review your progress and provide feedback; these appointments will be either online or by telephone.

<https://walsalltalkingtherapy.silvercloudhealth.com/signup/>



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. The groups running at the moment are as follows :

St Pauls Support Group – a group of Carers, caring for loved ones with disabilities across the spectrum

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



Walsall Bereavement Support Service also offers group support for anyone who is affected by a death by suicide. Although attitudes are changing slowly, unfortunately the stigma attached to suicide is still present in our society. As a result not only do those affected by the persons' suicide experience all the emotions usually associated with loss but also they may experience a feeling of being judged or feel that others believe they have failed in some way.

Generally our group meets on the first Wednesday of every month and the group runs from 7.00pm – 9.00pm. However, very occasionally these dates may be subject to change. Therefore if you are thinking of attending the group we would advise that you check with our office beforehand to confirm the date of the next meeting.



Think Again Peer Support Group

Open to: Carers and People with Mental Illness

Our members meet to support each other, share ideas and techniques to help with mental health issues, prevent isolation and build friendships. We prioritise different topics for discussion every week and campaign on mental health issues across Walsall.

We meet weekly on a Thursday between 11am - 12.30pm.

Group Coordinator: Rachel Coverley

The Sanctuary
1 Queens Parade
Bloxwich
Walsall
WS3 2EX
Tel: 01922 494479





Black Country Healthcare

NHS Foundation Trust

The Walsall Employment Service offers two types of intervention – Employment Retention and Employment Support. Employment Retention is for people who are currently employed but whose job may be at risk or require other support due to issues surrounding their employment and mental health. The advisor can support people off sick from work to return by offering advice and support to employers where needed. They also offer some in work support to prevent a person needing long term sick leave. Employment Support is for people who are unemployed and seeking to enter some form of open paid employment (part or full-time). This may include short-term work experience requirements. It is not for clients requiring activities, long-term education or volunteering. We are a Centre of Excellence for the Individual Placement and Support (IPS) approach having achieved Exemplary status in our last Fidelity Review (March 2015)

Download our Employment Services leaflet [here](#).

How can I access the service?

Any person receiving secondary mental health care – through a [Community Mental Health Team](#), [Home Treatment](#), [Early Intervention Service](#) or Outpatients – can make use of this service.

Contact can be made through care coordinators in the Secondary Teams or directly by self-referral. Self referrals can be made via the following numbers:

Employment Support (Secondary Care) – 01922 607500 or DWMH.Walsall.employmentservice@nhs.net

Employment Support (Primary care) – via email for the attention of primary care: dwmh.walsall.employmentservice@nhs.net

Employment Retention – 01922 607808 or 01922 607809





Walsall Bereavement Support Service offers free support to bereaved children, young people and their families who live in the Walsall borough. We also offer support to adults bereaved by suicide.

Coping with death especially when it is that of a loved one, can be a very distressing and overwhelming experience. Whilst a strong sense of sadness and loss might be expected as a result, dealing with bereavement can also give rise to other very powerful feelings too. It is not unusual for bereaved adults or bereaved children to feel angry or guilty as these are normal reactions to grief

Helpline: **01922 724841**

Email: admin@wbss.org.uk



Walsall Black Sisters Collective

Heart to Heart provides a weekly mental health support group and outreach service, supporting clients in integrating into society and living independently, maintaining their health and wellbeing.

The mental, physical and social wellbeing of our service users are vital, in order that they can enjoy good social relations, can do things they enjoy, feel connected to the community and feel that they have control over their life and living conditions.

Our group meets every Wednesday from 10am – 4pm at Bethel Lighthouse Centre.

The purpose of this project is to provide outreach & therapeutic support to African Caribbean people suffering/recovering from mental health difficulties.

The aim is to strengthen existing service provisions, as well as establish a culturally sensitive and practical support, aimed at prevention of unnecessary hospitalisation and maximising the users ability to self-empowerment.

<https://www.walsallbsc.co.uk/contact/>

01922 616996



The Walsall Enablement Service is a community-based service, designed to help you build independence and improve health and wellbeing by becoming an active participant in your local community. Through the provision of “SafeSpace” groups, Coffee & Cope groups, Living Life To The Full (a Cognitive Behavioural Therapy based workshop), signposting services, individual emotional support and volunteering opportunities, our dedicated team will do all we can to support and empower you to enhance your recovery journey.

Our aim is to improve wellbeing and prevent mental ill health among adults in Walsall through personal development and relapse prevention.

We have a telephone helpline open to anyone living in Walsall who needs support/signposting.

We are mainly a 9am-5pm Monday-Friday service, although we can work in the evening/weekends if there is demand, so please check with staff.

If you would like support, please call us: 01922 494479.



Walsall Link Line

Walsall Link Line is a voluntary organisation working from a belief that older people should receive the best care possible and that no-one should feel isolated or alone.

People living with dementia and their carers should receive the support and encouragement they need.

We have a team of friendly staff and volunteers who are happy to help in any way they can.

Based at

St. Catherine with Chad's Church, Edison Road, Beechdale, Walsall, WS2 7HT

01922 640916



Wellbeing homes

whg cater for all walks of life, with a range of Wellbeing Homes for customers over the age of 55. These dedicated developments are designed to help you live life to the full for longer, with access to extra support should you need it.

whg Wellbeing Homes benefit from:

- individual, high-quality apartments with their own front doors
- excellent, modern facilities designed with later life in mind
- level access for wheelchairs and walk-in showers
- a social atmosphere and communal activities
- access to whg's flexible [Wellbeing Service](#).

Register your interest

<https://www.whg.uk.com/find-a-home/wellbeing-homes-for-over-55s/homes-for-over-55s-register-your-interest/>



Wellbeing support

Whg offer a range of support services to help you to maintain or regain your independence, or lend a helping hand in times of crisis when you might need some extra support or advice

The support we offer can be short or long term and is tailored to your individual needs and goals, whether that's helping you to continue to live in your own home, staying healthy, getting active or being connected with others.

Our Wellbeing Service can help you with:

- advice and advocacy
- connecting with others and making new friends
- getting active
- improving emotional and physical health
- enjoy your surroundings,

We offer varying levels of support depending on how much or how little you require. We also provide support and help following hospital discharges

You don't need to be a whg customer to benefit from our Wellbeing Service; we can offer help to anyone living in Walsall.

For more information about these services, please [contact us](#).



WPH counselling

WPH is a charitable organisation funded primarily by Walsall NHS Clinical Commissioning Group. They offer a specialist service relative to pregnancy (Walsall Pregnancy Help) and a general counselling service and educational service (WPH Counselling and Education Services). Their services are totally unbiased and are there to meet the needs of all, irrespective of age, gender, sexual orientation, creed, ability or ethnicity.

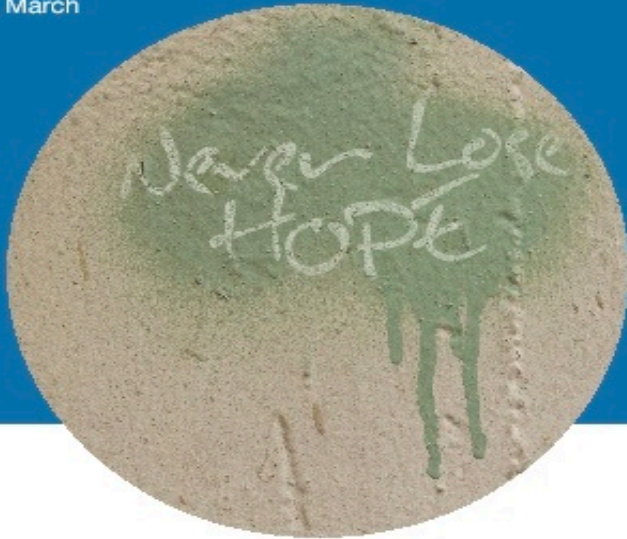
Nationally Accredited BACP Service (British Association of Counselling & Psychotherapy) which offers a range of professional, free and confidential counselling.

The Haven, 55, Upper Forster St, Walsall, WS4 2AB [Directions](#)

Tel 01922 649000

<http://wphcounselling.org/>

Every Wednesday &
Sunday in March



The Sanctuary Hub

**Every Wednesday & Sunday
during March**
Wednesday 6pm - 11pm
Sunday 12pm - 11pm

The Sanctuary Hub is a safe and friendly place that you can come to outside of usual mental health service hours.

Feeling unable to cope, lonely or isolated? If you are feeling overwhelmed and don't know where to turn to get mental health support and your usual source of support is closed come to **The Sanctuary Hub**.

At The Sanctuary Hub you can get support from Mental Health Recovery Worker's in a safe, calm and relaxed atmosphere. We are friendly, warm, enthusiastic, reliable, and responsive to your individual needs.

How to find us
The Sanctuary, 1 Queens
Parade, Bloxwich, Walsall,
WS3 2EX



The Sanctuary Hub

The Sanctuary Hub is a safe place and friendly place to access support from outside of your usual mental health services hours.

Feeling unable to cope? Lonely or isolated? If you're feeling overwhelmed and don't know where to turn to get mental health support and your usual source of support is closed, come to **The Sanctuary Hub**.

To access support from the team call:

0808 802 2288

Wednesday 6pm-11pm

Sunday 12pm-11pm

Phone, Text and
Webchat Support



Black Country Emotional Support Helpline

Freephone: 0808 802 2288

Text: 07860 065 168

Webchat: www.rethink.org
and search Black Country
Helpline

Monday to Friday 6pm -3am
Saturday & Sunday 2pm - 3am

This telephone based service is free, open 365 days of the year and no referral is required. To access the service you must be 16+ and live in **Dudley, Sandwell, Walsall or Wolverhampton** or have a GP in one of these locations.

rethink.org

What We Do

- We provide emotional support to callers in distress, in need of reassurance or at those times when people need to be listened to.
- We also support people to identify coping mechanisms so they are better able to manage difficult experiences.
- We will signpost people to other services to access additional support if appropriate.

Registration England Number: 10270701. Registered Charity Number: 271030. Registered Office: 40 Abchurch Lane, London, EC4N 3DF. Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.

Black Country Emotional Support Helpline

This telephone based service is free to call, open 365 days of the year and no referral is required. To access the service you must be 16+ and live in Dudley, Sandwell, Walsall or Wolverhampton or have a GP in one of these locations.

Freephone: 0808 802 2288

Text: 07860 065 168

Webchat: www.rethink.org/blackcountryhelpline

Monday to Friday 6pm-3am
Saturday & Sunday 2pm-3am





WALSALL

Men *with* **A**nxiety *and* **D**epression

SUPPORT
GROUP

A faint chemical structure of a benzamide derivative is overlaid in the background. It consists of a benzene ring with a hydroxyl group (HO-) at the top-left position, an amide group (-NH-) at the bottom position, and an amine group (-NH2) at the top-right position.

Walsall Men with Anxiety and Depression is a partnership between Rethink Mental Illness and Ryecroft Community Hub. The group meets at Ryecroft Community Hub on a Thursday evening, providing peer support in a safe environment for men to meet in a supportive environment.

For more information contact:

Jamie Rogers Jamie.Rogers@rethink.org

Martin Berry Martin.Berry@rethink.org