Black Country 24/7 Mental Health Helpline

Freephone: 0800 008 6516

Text: 07860 025 281

This telephone based service is free, open 365 days of the year and no referral is required. **Dudley, Sandwell, Walsall or Wolverhampton** or have a GP in one of these locations.

The Black Country Helpline is accredited by the Helpline Standards

What We Do

- The Helpline is open access for people of all ages, available 24 hours a day, 7 days a week. Providing immediate access to advice, emotional support, triage, referrals and signposting.
- We provide emotional support to callers in distress, in need of reassurance or at those times when people need to be listened to.

Helplines Partnership MEMBER

Rethink Mental Illness.

rethink.org

Registered in England Number 1227970. Registered Charity Number 271028. Registered Office 89 Albert Embankment, London, SE1 7TP. Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.