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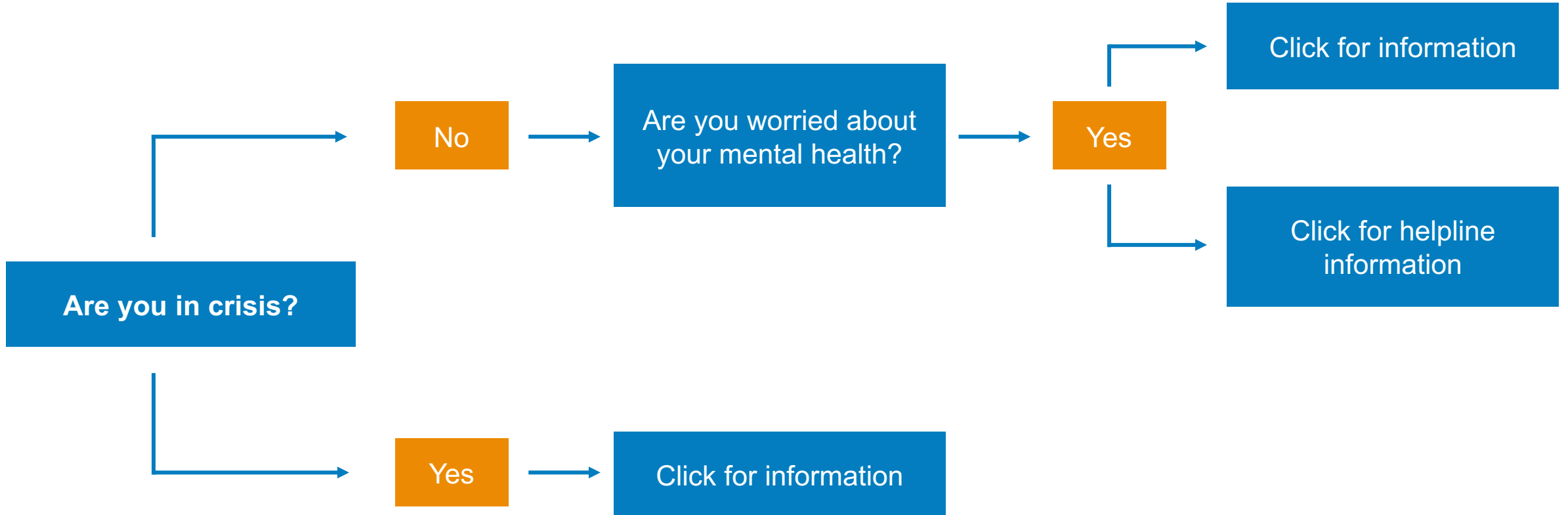


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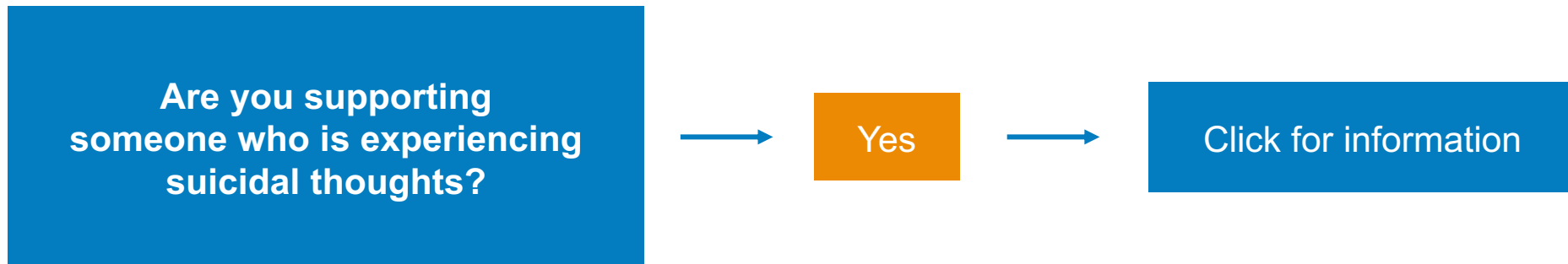
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Are you in crisis?



Suicidal Thoughts



Our mental health advice – Crisis contacts

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

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.

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**.

For non-emergency situations: Visit your GP



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Additional help



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**



Black Country 24/7 Urgent Mental Health Helpline

Support is available to people of any age living in the Black Country and experiencing urgent mental health difficulties or concerns.

Telephone: **0800 008 6516**
Text: **07860 065 168**
Webchat: [Black Country 247 Urgent Mental Health Helpline \(rethink.org\)](https://www.rethink.org)
24 hours a day, 7 days a week,
all year round.



Samaritans

Offering emotional support 24 hours a day

Tel: **116 123**
Email: jo@samaritans.org
Web: www.samaritans.org



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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



ZSA Training ▾

A photograph showing a group of people outdoors. A woman in the center is wearing a grey t-shirt and a lanyard, looking towards a man in a blue shirt who is looking down. Other people are visible in the background.

Suicide Awareness Training – full version (20 minutes)

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.

[Home](#) > [ZSA Training](#) > [Suicide Awareness Training – full version \(20 minutes\)](#)

Take the 20 minute suicide awareness training >

Suicide prevention continued... < >

About the course

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...>

<https://youtu.be/VDchxgZxjCM>



Black Country Healthcare



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 Care team](#)
- [Talking Therapies and Healthy Minds Service](#)
- [Early Intervention Service](#)
- [Eating Disorder Service](#)
- [Primary Care Mental Health Services](#)
- [Walsall Talking Therapies Service](#)

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.

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.

Service location:



Walsall (North)
Westfield Drive
Aldridge
Walsall
WS9 8AJ

Tel: **01922 608900**



Walsall (South)
Mossley Unit
Sneyd Lane
Bloxwich
WS3 2LW

Tel: **01922 607900**

[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.



Eating Disorders Service

What is this service?

We give support to people over the age of eight years old with the following eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder, and eating disorders not otherwise specified.

How can I access the service?

Our referrals usually come from secondary mental health teams, as we are working with a more limited service at the moment. A referral can be made by completing the service referral form, which can be accessed [here](#).

Service location:



All Age Eating Disorder Service (Dudley and Walsall)

Ladies Walk, Sedgley
Dudley
West Midlands
DY3 3UA

Tel: **01902 947220**

We also have other satellite bases and venues where we see service users, but this is our main base.

[Services continued...](#)



Walsall Talking Therapies Service

What is this service?

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

Depending on your needs, we 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 our [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



What is this service?

The Perinatal Community Team supports ladies with perinatal specific mental health concerns up to when the child is 1 year of age.

All referrals from GP's, Health Visitors, Maternity Services go via Wolverhampton SPA, Dudley EAS and Walsall EAS. Referrals from Specialist Midwives, Psychiatric Liaison, CRS, Primary Care and IAPT Services can refer direct to our Perinatal services.

Service location:



Community Perinatal Team
Dorothy Pattison Hospital,
Alumwell Close,
Walsall
WS2 9XH

Tel: 01922 607000



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Aaina Community Hub



that enable women and their children to flourish.

DONATE CONTACT US

 ABOUT US  WHAT WE OFFER IQRA SUPPLEMENTARY SCHOOL  COU

What is this service?

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.

Service location:



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

Contact us:

Email: info@aainahub.com
Or: info@iq-ss.co.uk

Website: aainahub.com

AAINA COMMUNITY HUB

Aaina delivers preventative and intervention focused life-enhancing opportunities for women and children, empowering through education, employment, advice and healthy lifestyles in a safe and supportive environment.



Aldridge Shed

What is this service?

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.

Service location:



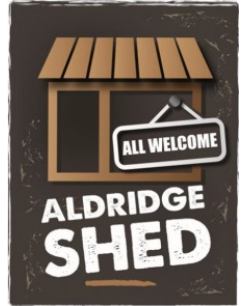
Alrewych Court
220 Northgate,
Aldridge,
WS9 8AF

Tel: **07973 657328**

Contact us:

Email: aldrigeshed@gmail.com
Or pop in for a chat

Website: aldrigeshed.co.uk/



Asian Men and Women's Support Groups



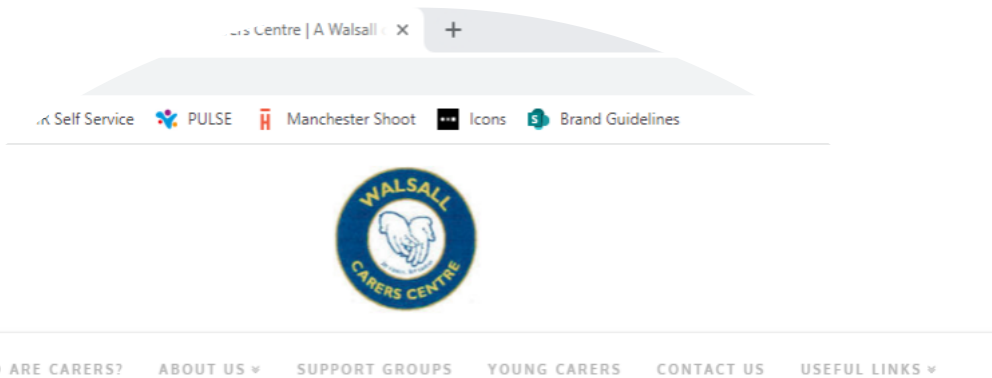
What is this service?

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
Call: **01922 610810**
or email us: contact@walsallcarers.org



Spring Newsletter

The Spring issue of the Walsall Carers Centre Newsletter is now available!

You look after a relative or friend of any age, who because of illness or disability, cannot manage without your help – then **you are a carer**.

Services have been put together by Walsall Carers' Centre, to offer help and guidance to all carers. Our aim is to provide information on a whole range of services, and to offer links to other sites that you may find useful.



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Black Country Women's Aid



**Black Country
Women's Aid**
we listen, we support, we care

Freepik Pexels Unsplash HR Self Service PULSE



**Black Country
Women's Aid**
we listen, we support, we care

About us Support BCWA

Our Support

Our sensitive and holistic support helps over 8000 victims of abuse each year to escape from violence, cope with trauma and rebuild their lives.

Our diverse range of services include: domestic abuse refuge and community support; rape, sexual violence and childhood sexual abuse support; forced marriage and honour based violence support; children and young people's services; therapeutic services; and support for female offenders and women with complex needs.

What is this service?

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.

Call: **0121 553 0090**

Website: blackcountrywomensaid.co.uk



St Giles Hospice Care



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**.

Service location:

Tuesday: 10:30am – 12:30pm



Rushall Community Centre

10 Springfields,
Walsall,
WS4 1JX

First and third Friday of the month: 10am – 12pm



Furzebank Worship Centre

Rosedale Infants School,
Stroud Avenue,
Willenhall,
WV12 4EG



Black Country Support After Suicide Service



What is this service?

We are a service based within the Black Country providing a range of support to those affected by bereavement by suicide. We provide support for next of kin and close family members who are bereaved by suicide in the Black Country of any age including children and young people.

Our staff and volunteer team is made up of people from a range of different and diverse backgrounds with a range of different personal and professional experience. Some of our staff team and volunteers have personal experience of bereavement by suicide and this helps inform our approach and delivery of the service.

Our core opening hours are Monday - Friday 10am-6pm. We can also provide support up to 8pm, weekdays or at weekends, so that you can access us at a time that suits you best.

You can refer yourself or someone else can refer you to us.

You can call our Black Country 24/7 helpline to make a referral to us at **0800 008 6516** or email us at blackcountrysupportaftersuicide@rethink.org



Caldmore Community Garden



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



What is this service?

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!

<https://caldmorecommunitygarden.wordpress.com/>



CALM Space

Caring, Accepting, Listening, Mindful 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**

Email: enablement@rethink.org



Expert Patient Programme (EPP)

What is this service?

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.

Tel: [01922 605490](tel:01922605490)

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



Caldmore Men's Shed



What is this service?

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 10am 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**.



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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:

For more details on Family Matters email us at familymattersreferrals@ymcabc.org.uk



Walsall and Pelsall Friendship Group



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



What is this service?

The Glebe Centre is a multifunctional hub from where a variety of services are delivered that serve vulnerable adults in Walsall.

The Glebe Centre skilled and friendly staff and volunteers can support individuals with:

- 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.

Service location:

Monday – Friday : 10am – 2pm



The Glebe
Wednesbury Road,
Walsall,
WS1 3RU

Tel: **01922 625687**

Email: theglebecentre@ymcab.org.uk



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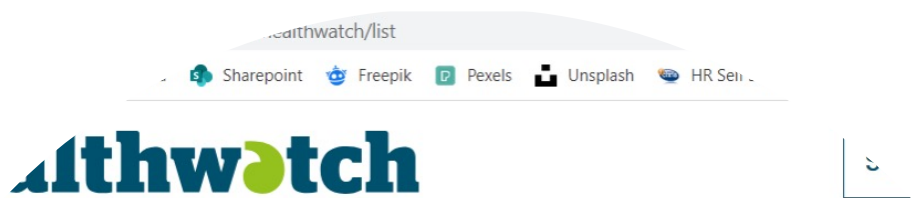
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Local Healthwatch



Have your say Your Healthwatch News & reports Advice & information

Find your local Healthwatch

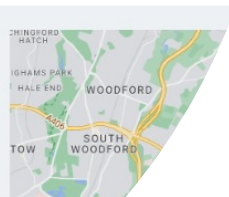
Search by local authority

- All authorities -

Search results

Healthwatch Barking & Dagenham

0800 298 5331



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.

Wherever you live in England, you'll have a local Healthwatch nearby (there are over 150 across the country). We're here to listen to the issues that really matter to local communities and to hear about your experiences of using health and social care services. We're entirely independent and impartial, and any information you share with us is confidential.

Tel: [0800 470 1660](tel:08004701660)

Email: info@healthwatchwalsall.co.uk



Lonsdale House



What is this service?

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.

Service location:



Lonsdale House

Lichfield Road,
Walsall,
WS4 2DH

Tel: **01922 721566**

Email: robert.delaney@greensquareaccord.co.uk



Making Connections Walsall



below leaflet provides information on the simple referral p.



What is this service?

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**

[Click here for a leaflet about our simple referral process.](#)



Wellbeing Walsall



Our policies

No Wrong Door is a network of organisations working together to provide the people of Walsall with access to all of the support they require.

All of the No Wrong Door partners work to a set of agreed standards. The No Wrong Doors partners will aim to improve the health and wellbeing of those they support and prevent people falling through the gaps between services.

Individuals who are being referred must sign the consent form to agree to share their information with the support services involved (verbal consent is accepted as a last resort).

Once the referral form has been sent to the No Wrong Door administrator and processed, the individual will be contacted directly by the services they have been referred to. This contact will usually aim to be made within 7 days but could be as soon as the same day.



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One You Walsall



STOP SMOKING EVERY MIND MATTERS EMOTIONAL WELLBEING
WORKPLACE HEALTH LOCAL SERVICES HEALTH & WELLBEING A-Z

WELCOME TO ONE YOU WALSALL

Book an Appointment

Take Interactive Quiz

Dedicated to improving the health and wellbeing of all residents across Walsall. Our services are here to help you make the best choices for your lifestyle, including:

What is this service?

One You Walsall is a free healthy lifestyle service dedicated to improving the health and wellbeing of all residents across Walsall. Our services are here to help you make the best choices for your lifestyle, including:

- Weight management
- Move more
- Stop smoking

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 oneyou.walsall@nhs.net

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.



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The MindKind Projects

We mind. One mind at a time.



What is this service?

Hi, we're MindKind. And we really do mind. About mental health in the workplace. About mental health in the community. About mental health in conversations.

We set up The MindKind Projects in 2019 to stand up for mental health in the workplace. To bridge the gap in support services. And to encourage people to be kind to themselves.

Community is at the heart, and the centre, of what we do. It's why we use 100% of profits from our training courses to support people in our community. And it's why we're so proud to say our community and partners have come together to renovate a building in the centre Birchills / Leamore which will eventually become The MindKind Community Centre.

Contact us:

Email: info@themindkindprojects.com

Mobile: **07709 709403**

Telephone: **01922 632170**



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SilverCloud



What is this service?

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/>



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If you look after a relative or friend of any age, who because of illness or disability, cannot manage without your help – then **you are a carer**.

Walsall Carers' Centre website offers help and guidance to all carers. Our aim is to provide information on a whole range of services, and to offer links to other sites that you may find useful.

walsallcarers.org/

Contact us:

Email: contact@walsallcarers.org

Office: **01922 610810**

Helpline: **01922 636663**



Walsall Bereavement Support Service

Walsall
Bereavement
Support
Service



What is this service?

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. This 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.

Website: wbss.org.uk/

Telephone: **01922 724841**

Email: admin@wbss.org.uk



Think Again Peer Support Group



What is this service?

Think Again Peer Support Group is 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.

Service location:

Monday: 10:30am – 12:30pm

Group Coordinator: Rachel Coverley



Ryecroft Community Hub,
New Forest Road,
Walsall,
WS3 1RT

Email: ThinkAgainGroup@rethink.org



Employment Services



What is this service?

Our employment services support people with health conditions find work. We offer employment services **across the West Midlands** but predominantly in **Dudley, Walsall, Sandwell and Wolverhampton**.

We also offer opportunities via our **Bridges to Work** and **Thrive into Work** schemes.

- Bridges to work
- IPS Employment Service
- Thrive into work
- Employment retention service

Website: blackcountryhealthcare.nhs.uk/our-services/employment-services



Walsall Black Sisters Collective

“To successfully provide an open quality service to the wider community of Walsall, enabling a better quality of life.”



What is this service?

Walsall Black Sisters Collective (WBSC) provides community activities to empower and develop deprived BME communities from various ethnic, religious and cultural backgrounds in Walsall; addressing inequality and bringing long-lasting change to encourage community cohesion, cultural respect and a diverse community we can all be proud of.

Website: walsallbsc.co.uk/contact/

Telephone: 01922 616996

Our main projects are:

- Tree of Life Elderly Day Care
- Heart to Heart Mental Health Group
- Be-A-Friend
- Befriending and Ring Around Service
- After School Club
- Women Empowerment Workshop
- COVID-19 Survival Project



The Sanctuary Community Mental Health Service



What is this service?

The Sanctuary Community Mental Health 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.

Monday – Friday: 9am – 5pm

(Although we can also work in the evening/weekends if there is demand, so please check with staff)

Telephone: **01922 494479**

Email: ThinkAgainGroup@rethink.org



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Walsall Link Line



What is this service?

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.

Service location:



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

Tel: **01922 640916**

Website: walsallinkline.co.uk/



Walsall Carers Hub



What is this service?

If you support someone in Walsall who needs your help due to a disability, serious illness, frailty or addiction, we're here to help you. Whatever your unpaid caring role, you've come to the right place.

We're a partnership between Forward Carers, a not-for-profit organisation, and the regional charity Midland Mencap to deliver Walsall Carers Hub to provide a wide range of free support to help you in your caring role.

Walsall Carers Hub is based with Midland Mencap's Disability Hub located in the heart of Walsall town centre.

Pre-book an appointment to speak to one of our friendly advisors, for information and advice.

Service location:

Monday - Friday: 10am – 3pm
Offer a care drop in on **Mondays and Wednesdays 10am – 1pm**



Ryecroft Community Hub,
New Forest Road,
Walsall,
WS3 1RT

Telephone: **01922 616 798**

Email: info@walsallcarershub.org.uk



Health and Wellbeing Service



What is this service?

There can be times in all our lives when we need a little extra help with our health and wellbeing. That's why our specialist teams are here for you. We have services designed to help in all sorts of situations, delivered by professionals who care.

Our friendly team can offer support with:

- Connecting with other people like you
- Social prescribing
- Feeling positive about your future
- Diabetes support
- Improving your physical and mental health
- Dealing with loneliness, isolation or low self esteem

Website: https://www.whg.uk.com/health-and-wellbeing/#block_61d5ae30e610f



Walsall Psychological Help



What is this service?

Walsall Psychological Help (WPH) is a charitable organisation, we offer a specialist service relative to pregnancy (Walsall Pregnancy Help) and a general counselling service and educational service (WPH Counselling and Education Services).

Our services are totally unbiased and are there to meet the needs of all, irrespective of age, gender, sexual orientation, creed, ability, or ethnicity. There is a ground floor counselling facility for disabled clients with external ramp access for wheelchair users and, within an adjoining building, there are disabled toilet facilities. There is also the availability of interpreters/BSL signers for non-English speakers/deaf users.

We are particularly proud of our teenage programme which addresses the specialist needs of this age group. This service is provided by experienced and well-trained youth counsellors who are supervised by specialist children and young persons (CYP) Supervisors

Our counsellors are all professionally qualified and highly trained with qualifications ranging from high-level Diplomas in Counselling to MSc. in Counselling and Psychotherapy. The management committee, who are totally voluntary, consist of eight members from varying professional and ethnic backgrounds. WPH have the status of a British Association for Counselling and Psychotherapy (BACP) Accredited Service.

Contact us:

Email: wphcounselling@btconnect.com

Fax: 01922 649922

Telephone: 01922 649000



The Sanctuary Hub



What is this service?

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**.

Service location:

Monday - Friday: 6pm – 11pm

Saturdays and Sundays 12pm – 11pm



The Sanctuary,
1 Queens Parade,
Bloxwich,
Walsall,
WS3 2EX

Telephone: **0800 802 2288**

Freephone: **0800 008 6516**

(Black Country 24/7 Urgent Mental
Health Helpline)



Black Country 24/7 Urgent Mental Health Helpline



Our service offers a free 24/7 helpline for people in The Black country (Dudley, Wolverhampton, Sandwell and Walsall) who require support on urgent mental health concerns. Trained mental health support staff are on hand to answer calls from members of the public.

Our first response will be to try to avoid the need for a clinical intervention where possible; however, we are working alongside NHS clinical staff who can give support or take ownership of calls where this is needed.

We tailor our response to each caller's situation.

This may include:

- Listening, and guidance
- Practical support ideas
- De-escalation of crisis
- Encouragement to explore self-help options
- Community-based resources which may be able to help
- Onward referrals and a follow-up call if required

Contact us:

Freephone: **0800 008 6516**

Text: **07860 065 168**

Webchat: <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/black-country-247-urgent-mental-health-helpline/>



Walsall Men with Anxiety and Depression Support Group



What is this service?

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.

Service location:

Wednesday: 4:30pm – 6pm



Ryecroft Community Hub,
New Forest Road,
Walsall,
WS3 1RT

For more information contact:

Martin Berry: Martin.Berry@rethink.org



Old Hall People's Partnership



What is this service?

Our sharp focus is on the entire Walsall community. Leaving absolutely no one out. This way we're able to help lots of different people in lots of different ways, rather than being just a one trick pony charity. We work from some public funding and some donations but a lot of what we achieve is generated by our own enterprise and honest hard work. It's what makes OHPP a bit different. And it's how we make a difference.

As part of our commitment to serving Walsall to the very best of our abilities, we want you to always have access to the right people within our organization. Because there's not much point in anyone needing guidance on drastic debt calling up our furniture recycling shop, is there?

Service location:



The People's Partnership Centre
Wing Close,
Bentley,
Walsall,
WS2 0LS

Telephone: **01922 474684**

Website: <http://ohpp.org.uk/contact>



The Beacon

What is this service?

We're here to help with life's challenges, whether it's problems with drinking or drugs, or you're just looking to live a happier and healthier life. We will support you. You don't need an appointment, just walk in and meet our friendly and experienced staff.

We can help you to cut down or stop drinking or taking drugs. We can also give you the advice to help you stay safe and healthy.

If you are injecting you can use our free needle exchange service and get tested for blood-borne viruses. We also offer a postal needle exchange service. You can order free injecting equipment for home delivery using a service called NSPdirect. Get in touch if you'd like to find out more. As well as our adult service we provide support for young people. If you are aged 10 - 18 you can get help from our dedicated young people's team.



**Change
Grow
Live**



Service location:



Station Street Hub,
30 Station Street,
Walsall,
WS2 9JZ

Telephone: **01922 669840**

Website: [changegrowlive.org/the-beacon-walsall/station-street](https://www.changegrowlive.org/the-beacon-walsall/station-street)



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Walsall FC Foundation

What is this service?

Walsall FC Foundation was formed in 1989 as the registered charity of Walsall Football Club. The scheme was founded by former goalkeeper and club legend Mick Kearns, in line with Walsall FC's move to the Bescot Stadium from previous ground Fellows Park. From the outset, WFC Foundation had a clear vision which remains to this day:

Everyone is Welcome

Walsall FC Foundation deliver professional, quality, safe, affordable and varied services to all users. We respect and listen to the views of children, young people, adults and our partners, as well as investing in and supporting our staff to enable development and progression.

We aim to provide excellent communication and customer care, and opportunities that empower and engage all users. WFC Foundation will also maintain Walsall FC's tradition and standing as an excellent "Community" football club.



WALSALL F.C.
FOUNDATION
In partnership with 



Contact us:

Telephone: **01922 644 742**

Email: foundation@walsallfc.co.uk



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Bloxwich Community Partnership



BLOXWICH
COMMUNITY
PARTNERSHIP



What is this service?

Bloxwich Community Partnership is a registered charity, working together, supporting and enhancing the wider community for 40 years. We offer a wide range of services, activities, leisure and culture opportunities from our two community centres. Stan Ball Centre is for older adults, Palace Play, Shop, Eat (formerly known as Blakenall Centre) is our hub for children and families and The Electric Palace, based alongside Palace Play, Shop, Eat is our unique Youth provision.

At Bloxwich Community Partnership we offer something for everyone; large charity shop, inflatable play and youth clubs for the younger members of our community; support and recreation groups for adults; day care provision for older people, adults with learning disabilities; dementia and vulnerable adults.

We are committed to our mission to bring local people together, support everyone to engage in learning, enjoy social activity and adopt a healthy lifestyle.

Service location:



Bloxwich Community Partnership

The Stan Ball Centre,
Abbotts St,
Walsall,
WS3 3AZ

Telephone: **01922 682228**

Website: <https://bloxwichcp.co.uk/>



Women's Outreach



What is this service?

Befriending, listening, teaching parenting and childcare skills, organising events to enhance quality of life, provide training, provide social and educational activities, sign posting and Networking.

Telephone: **01902 633066**

Email: maureenkt1@yahoo.co.uk



Leading the way to a better quality of life for everyone severely affected by mental illness



facebook.com/rethinkcharity



twitter.com/rethink_



rethink.org

For further information

Telephone: 0121 522 7007

Email: info@rethink.org