



# Dudley Sanctuary Hub

The Sanctuary Hub is a safe place where you can access support outside of usual mental health service hours.

## Contact us

If you have any questions about The Dudley Sanctuary Hub, or would like to find out more about when groups and sessions are running, please get in touch – we'd be delighted to hear from you!

 DY1 Community Centre, Stafford Street, Dudley, DY1 1RT

 0800 008 6516



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

For further information on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

 [/rethinkcharity](https://www.facebook.com/rethinkcharity)  [@rethink\\_](https://twitter.com/rethink_)

[rethink.org](https://www.rethink.org)

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## Support

The Dudley Sanctuary Hub provides support to anyone 18+ who lives in Dudley or is registered with a Dudley GP.

Feeling unable to cope, lonely or isolated?

If you are feeling overwhelmed and distressed and don't know where to turn to get mental health support, is your usual source of support closed?

Contact **The Sanctuary Hub**.



# What we do

Providing hope and empowerment to those who need us  
#NeverLoseHope

## About us

The Sanctuary Hub is a safe place where you can access support outside of usual mental health service hours.

Our dedicated team are friendly, warm, enthusiastic, reliable, and responsive to individual needs. We are all experienced and trained mental health recovery workers who provide person-centred support.

People who use the Sanctuary Hub are at the heart of our vision and we believe everyone should be treated with respect.

We are a dedicated team here to support and empower you through your recovery journey.

## What we do

The **Sanctuary Hub team** are here to support people with a person centred approach.

Our offices are a **safe place** to turn to for people and their carers who are in emotional distress during the evening and weekends.

- Self-referral
  - Drop-in support
  - One-to-One support
  - De-escalation from crisis support
  - Provision of identifying coping strategies
  - Support group sessions
  - Peer support
  - Wellbeing workshops
  - Signposting and referrals
- We provide out of hours support to those who are in crisis or in need of support outside of usual mental health service hours
  - Our aim is to de-escalate and prevent crisis.
  - We provide emotional support to anyone who finds themselves in distress, in need of reassurance or at times when you just want to be listened.
  - We provide support by helping clients to identify coping strategies, so they are better able to cope.
  - We will signpost and refer clients to other services to get additional support.

If you, or someone you know would benefit from coming along to any of these sessions give us a call using the details overleaf or drop into the Hub - **we'd love to hear from you!**

