




Contact us

If you have any questions about Sanctuary Community Mental Health Service, please get in touch – we'd be delighted to hear from you!

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 No Wrong Door - 0808 802 2288

 enablement@rethink.org



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

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rethink.org

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Rethink
Mental
Illness.

Sanctuary Community Mental Health Service

Provides goal-based support to help individuals manage their mental health in the Walsall Borough



Support

Our Services Can Help:

- If you would like support with your mental health
- If you are 17+ and live in the Walsall area or registered with a GP in the area.
- If you would like to talk to someone about the support options available to you.
- No Wrong Door is a partnership of service providers. This means you can access multiple services, for more information call the No Wrong Door number.

The Sanctuary

What we do

Here are some of the services, groups and workshops we offer.

About us

Our service provides targeted goal-based support to help individuals manage their mental health and wellbeing independently. The service also offers a network of peer led support groups. Our dedicated team provide a flexible and personalised approach to recovery.

What We Offer

- One-to-One targeted support
- SafeSpace sessions
- Coffee & Cope groups
- Perinatal support
- Signposting information
- Peer Support groups
- Tailored workshops
- Volunteering/peer support opportunities
- Physical & Creative Activity Groups

One-One Targeted Goal Focused Support.

Do you have goals you want to achieve? Do you need support to make them happen? If you feel ready to achieve your goals our staff will support you to take the manageable and practical steps to help you achieve them. Your allocated Mental Health Worker will work with you to make an action plan and empower you to take control of your goals and manage your mental health independently.

"Through targeted one to one support I received, staff supported me to achieve my goals."

SafeSpace

Are you struggling with social isolation? Safe Space is a place where you can meet in a small, comfortable environment with people who may be experiencing the same issues as you. You can be assured that a staff member is present, you will be made to feel comfortable to express your feelings and build confidence.

"SafeSpace allows me to interact and meet with other people."

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

Mental Health & Wellbeing Workshops

We offer a range of workshops, focusing on improving your mental health and wellbeing, supporting you to develop a greater understanding of a variety of issues we can help with and coping strategies to give you the skills to make positive wellbeing choices.

"Having attended a workshop I have learned to take life in "steps" and it's helped me to highlight areas of my life I wanted to change and gave me the tools to make that happen."

Coffee & Cope/Peer Support Groups

Coffee & Cope/Peer Support sessions are relaxed, informal peer led groups held in various venues across the Walsall borough. The groups focus on meeting, sharing knowledge and support.

"Coffee & Cope gives me the opportunity to socialise and encourages me to leave the house."

