

Walsall Mental Health Information Hub



Covid-19 Information
Hub



Service Directory

Aaina Hub

Aldridge Men's
Shed

Asian Ladies
Group

Asian Men's
Group

Bereavement
Help point

Black Country 24/
Helpline

Black Country
Women's Aid

Black Country
Support After
Suicide Service

Caldmore
Community
Garden

Caldmore
Men's Shed

Calm Space
peer support

Community
Perinatal Service

Expert Patient
Programme

YMCA

Friendship
Group Pelsall

Friendship
Group Walsall

Glebe Centre

Health Watch
Walsall

Lonsdale House

Making
Connections

Mind Kind
Project

No Wrong Door

One You Walsall

Sanctuary Hub

SilverCloud

Walsall Carers
Centre

Suicide
Bereavement
support group

Think Again Peer
Support Group

Walsall IPS
Employment
Service

Walsall
Bereavement
Services

Walsall Black
Sisters Collective

Sanctuary
Community
Mental Health

Walsall Link
Line

Walsall M.A.D

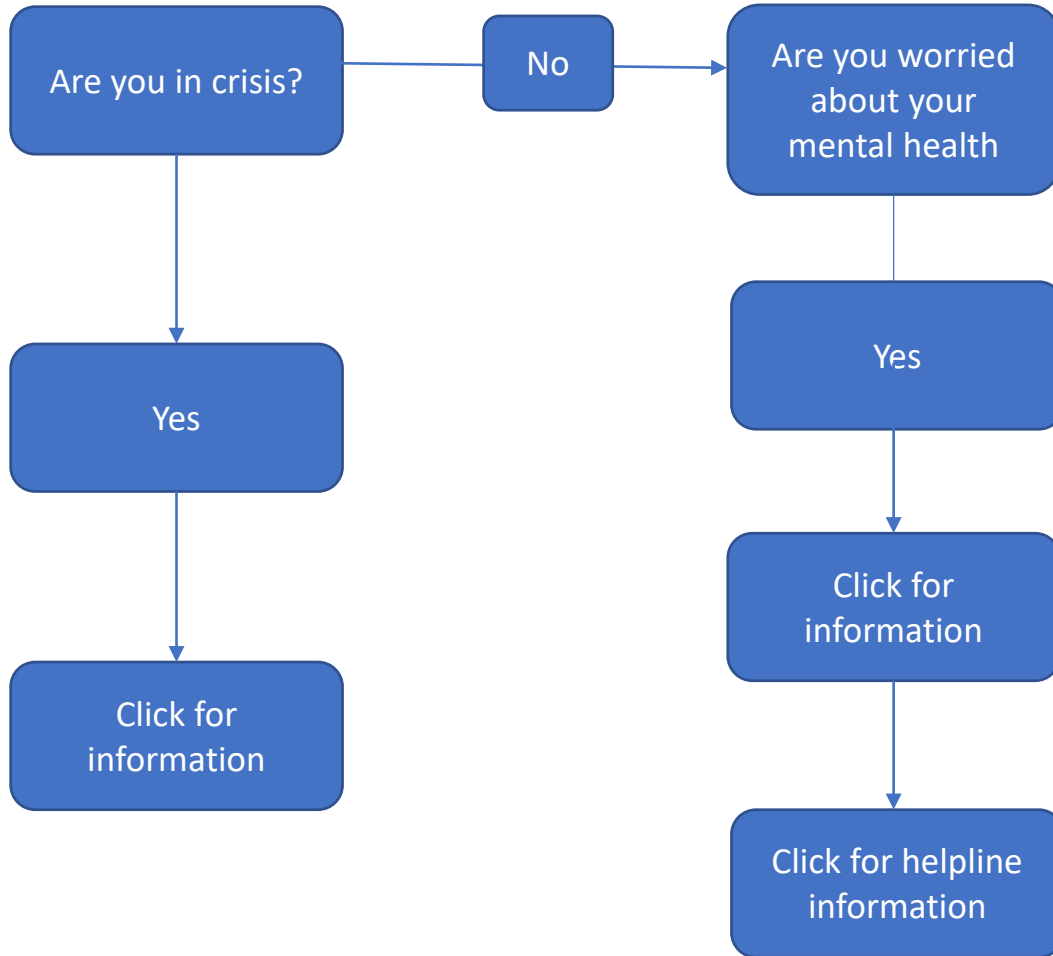
Walsall Carers
Hub

WHG Wellbeing
Service

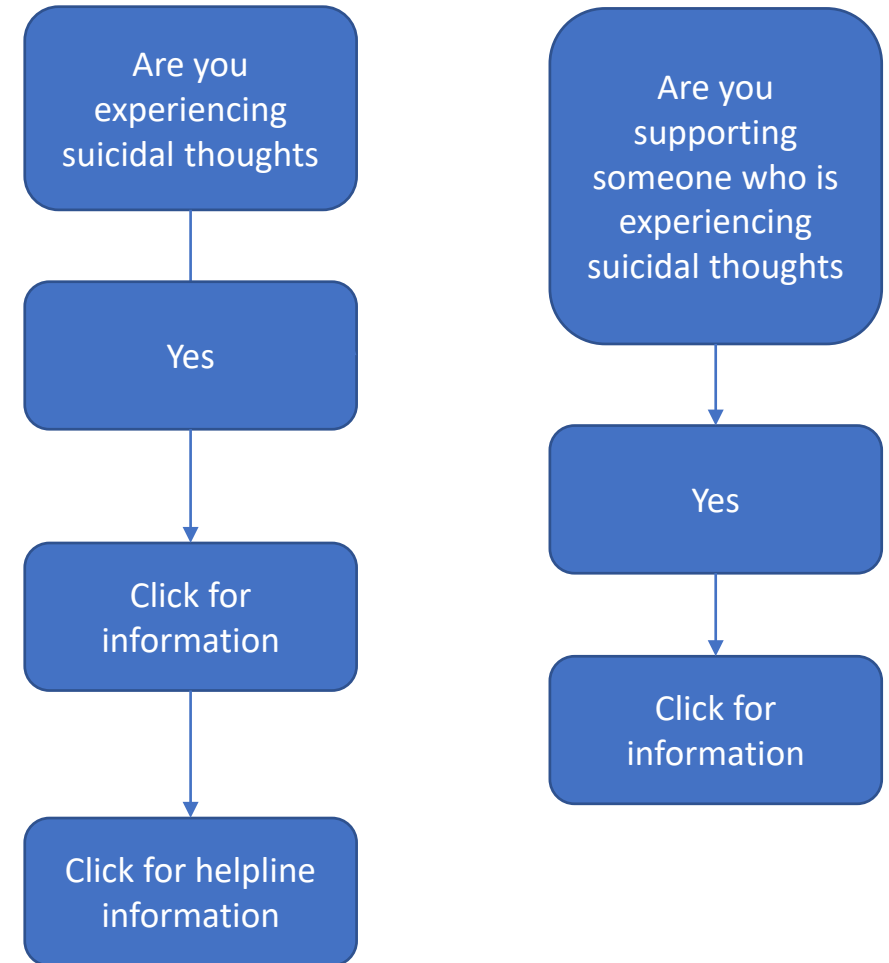
WPH
Counselling



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 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 (Freephone)**

Text: **07860 065 168**

Webchat: [Black Country 247 Urgent Mental Health Helpline \(rethink.org\)](http://rethink.org)

24 hours a day, 7 days a week, all year round.

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 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...](#)



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.

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

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](#).

Contact us

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 these are our main bases.

Services Continued...





Black Country Healthcare

NHS Foundation Trust

Walsall Talking Therapies 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

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.

Contact us

Address

Dorothy Pattison Hospital,
Alumwell Close,
Walsall
WS2 9XH

Tel: 01922 607000



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

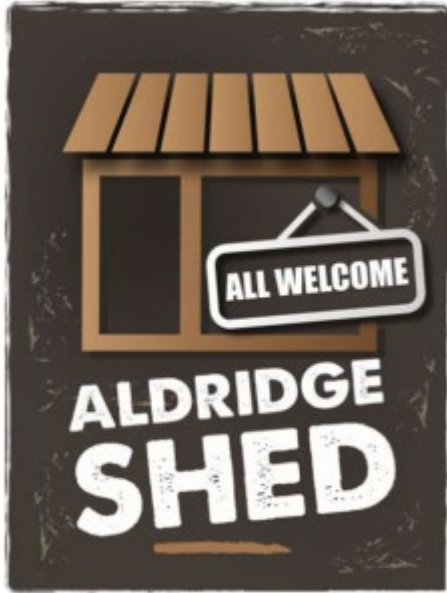
info@iq-ss.co.uk

Call

01922 644006

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





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





Black Country Support After Suicide 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 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.

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.

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 on 0800 008 6516 or email us at blackcountrysupportaftersuicide@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!

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

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



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 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. It's 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:

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



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





Here for young people
Here for communities
Here for you

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.

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

Visit us: The Glebe, [Wednesbury Road, Walsall WS1 3RU](#)

Call us: [01922 625687](tel:01922625687)

Email us: theglebecentre@ymcab.org.uk



healthwatch

Walsall

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.

[Lichfield Road, Walsall WS4 2DH](#)

For more information call or emails

Telephone: 01922 721566

[Email](#)



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





- 1) No Wrong Door is a partnership of service providers. This means multiple services that offer support for Mental Health & Wellbeing can be accessed through this form.
- 2) The individual being referred **must sign the consent form** on the next page to agree to share their information with these support services (verbal consent is accepted as a last resort).
- 3) The last page lists all the Partners that support NWD, you should add a cross or tick to the box next to the organisation you wish to refer to and share information.
- 4) Once the referral form has been sent to 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.





One You Walsall

We are 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.





We mind. One mind at a time.

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.

Email:

info@themindkindprojects.com

Telephone:

01922 632170

Mobile:

07709 709403



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/>





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/

Call us on

01922 610810 (office)

01922 636663 (helpline)

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.

<https://www.wbss.org.uk/>

T: 01922 724841

E: admin@wbss.org.uk





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 Monday 10.30am - 12.30pm.

Group Coordinator: Rachel Coverley

Ryecroft Community Hub,

New Forest Road,

Walsall,

WS3 1RT

ThinkAgainGroup@rethink.org





Employment Services

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

For more information visit

<https://www.blackcountryhealthcare.nhs.uk/our-services/employment-services>





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

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.

As summarised above our main projects are:

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

<https://www.walsallbsc.co.uk/contact/>
01922 616996

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





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.

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.

Email: Enablement@rethink.org





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

walsallinkline.co.uk/





Walsall Carers Hub
17 Lichfield St, Walsall WS1 1TU

walsallcarershub.org.uk

info@walsallcarershub.org.uk

01922 616 798

WalsallCarers

WalsallCarersHub.WCH

Visit our website for opening times
Pre-book an appointment to speak to one of our friendly advisors.

Walsall Carers Hub is led by Forward Carers, delivered by Midland Mencap and funded by Walsall Council.

Forward Carers is an award-winning social enterprise that prides itself on making a real difference to Carers. We work in partnership with other not-for-profits and businesses to create Carer Friendly Communities.

Midland Mencap is a charity working and campaigning for accessible and inclusive services and a better quality of life for everyone.

forwardcarers.org.uk

midlandmencap.org.uk

Forward Carers is commissioned by Walsall Council to deliver Walsall Carers Hub in partnership with Midland Mencap.



Caring For A Family Member Or Friend?

If you help or support someone due to a disability, serious illness, frailty or addiction, **we're here to help.**

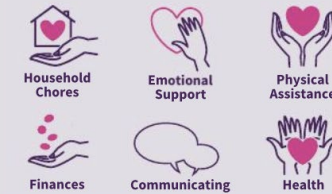


01922 616 798

walsallcarershub.org.uk

Are You A Carer?

Carers support family members & friends in many ways...



FREE Support

Walsall Carers Hub offers a range of support:

- Information & Advice
- Welfare Advice
- Online Training
- Support Groups
- Employment Support
- Digital Support
- Events & Activities
- Health & Wellbeing
- Max Discount Cards for Parent Carers

We're here to help all Carers regardless of any communication need. Call us today.

01922 616 798

walsallcarershub.org.uk

info@walsallcarershub.org.uk

Carer's Wellbeing Check



If you provide care for someone living in Walsall and caring has an impact on your life, you can talk to Walsall Carers Hub about the help and support you may need across all aspects of your life, including your work.

A Carer's Wellbeing Check will look at and advise you about the support we can provide from welfare advice to information on short breaks. We can also refer you to other specialist groups which provide expert advice and support about health, housing, education, employment, training and leisure opportunities.

Contact us and register for FREE with Walsall Carers Hub today.





Health & Wellbeing Service

Health and wellbeing

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.

Our Wellbeing Service can help you with:

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

For more information about these services, or to [Get support](#)



WPH

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

Telephone: 01922 649000

Fax: 01922 649322

Email: wphcounselling@btconnect.com



Rethink
Mental
Illness.


Black Country Healthcare
NHS Foundation Trust

Sanctuary Hubs

Feeling lonely, overwhelmed or that things are too much for right now? **The Sanctuary Hubs are here for you.**

The Hubs are open for you to drop-in every **Monday - Friday 6.00pm to 11.00pm** and **Saturday and Sunday 12(noon) to 11.00pm**. If you can't visit a Sanctuary Hub you can self-refer or be referred with your consent by contacting the Black Country 24/7 Helpline by phone or text.

Dudley Sanctuary Hub

DY1 Community Centre, Stafford Street
Dudley, DY1 1SA

Sandwell Sanctuary Hub

Hope Place, 321 High Street
West Bromwich, B70 8LU

Walsall Sanctuary Hub

1 Queen's Parade, Bloxwich
Walsall, WS3 2EX

Wolverhampton Sanctuary Hub

Base 25, 29-31 Temple Street,
Wolverhampton, WV2 4AN

If you need urgent help with your mental health or you are struggling to cope, the Black Country 24/7 helpline is here to help you.

Contact the helpline on 0800 008 6516
or text 07860 025 281



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:

Drop-in during opening hours

Mon-Fri 6pm-11pm

Sat & Sun 12noon-11pm

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

**Freephone: 0800 008 6516 (Black Country 24/7 Urgent
Mental Health Helpline**



Black Country 24/7 Urgent Mental Health Helpline

Need support on urgent mental health concerns?

We can help.

24/7, all year round

Rethink Mental Illness Black Country 24/7 Urgent Mental Health Helpline is for people in Dudley, Wolverhampton, Sandwell and Walsall.



Text
07860 025 281



Freephone
0800 008 6516



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/>

Open 24 hours a day, all year round.

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. 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

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.





WALSALL

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

SUPPORT GROUP

A faint chemical structure of a benzamide derivative is overlaid on the text. It consists of a benzene ring with a hydroxyl group (HO) at the top, an amino group (NH2) at the top right, and an NH group at the bottom.

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.

Every Wednesday 4:30pm-6pm

Ryecroft Community Hub, New Forest Road,

For more information contact:

Martin Berry Martin.Berry@rethink.org





Old Hall People's Partnership

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.

Here's some of the ways we make a difference.

Get In Touch

Feel free to contact us anytime

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 organisation.

Because there's not much point in anyone needing guidance on drastic debt calling up our furniture recycling shop, is there?

The Peoples Partnership Centre

01922 474684

Wing Close, Bentley,

Walsall, WS2 0LS





**Change
Grow
Live**



The Beacon

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.

[Bradford Street hub](#)

[Station Street hub](#)





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:

“To use the vehicle of sport and physical activity to make a positive difference to the lives of people within the Walsall community.”

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.

Call the Foundation Office on **01922 644 742**

Email the Foundation Office on foundation@walsallfc.co.uk





Bloxwich Community Partnership is a registered charity, working together, supporting and enhancing the wider community for over 40 years.

We offer a wide range of services, activities, leisure and cultural 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. Please enjoy exploring our site and follow our Facebook feeds to discover what we can do for you.

Bloxwich Community Partnership

The Stan Ball Centre

Abbotts St

Walsall

WS3 3AZ

[01922 682228](tel:01922682228)

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





Making Connections Walsall' is a friendly service for older people in Walsall that aims to stop people feeling socially isolated and lonely. Manor Farm is one of only 4 voluntary organisations chosen by the Local Authority to connect older people to the right community based provision for them.

The Making Connections Walsall (MCW) Programme will also improve wellbeing and reduce preventable Health Service and Social Care usage.

Manor Farm is proud to play an important part in helping to making life better for older people. Our Social Connector Lorraine King is based at Manor Farm and she will happily meet you and discuss the types of activities and support available.

01922 614 316

info@manorfarmca.com





Women's Outreach

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.

maureenkt1@yahoo.co.uk 01902 633066

