

Open 365 days of
the year and no
referral is required



Black Country 24/7 Urgent Mental Health Helpline

Freephone: 0800 008 6516

Text: 07860 025 281

Our service offers a free 24/7 helpline for people in The Black Country (Dudley, Sandwell, Walsall & Wolverhampton) who require support on urgent mental health concerns.

The Black Country Helpline is accredited by the Helpline Standards

rethink.org

What We Provide

- 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



**Rethink
Mental
Illness.**