

Mental Health and Wellbeing helplines

Further Resources:

Youth Support from Mental Health First Aid England: Resource and agency links

<https://mhfaengland.org/mhfa-centre/resources/for-schools/helpful-resources-for-young-peoples-mental-health.pdf>

Stress reduction advice:

<https://mhfaengland.org/mhfa-centre/resources/for-schools/self-care-and-support.pdf>

Tips on talking to YP about Mental Health:

<https://mhfaengland.org/mhfa-centre/resources/for-schools/talking-tips.gif>

The symptoms of a range of mental health conditions:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/symptoms/mental-health-problems/depression/symptoms/>

Useful contacts

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/useful-contacts/> Advice for friends and family

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/for-friends-and-family/>

External Agency Support	Email	Telephone	Website
<u>Health</u>			
NHS		Crisis Team (24 hours) 0121 543 4100	Black Country Healthcare NHS Foundation Trust - Sandwell Council
<u>Mental Health</u>			
<i>Please see the Emotional Wellbeing Directory for wider support available in Sandwell.</i>			
Sandwell Healthy Minds		0121 612 6650	Home - Sandwell Healthy Minds
Sandwell Mental Health and wellbeing - Wellbeing Hub			Mental health and wellbeing Sandwell Council
Sandwell Information Point Directory			Information Point - Sandwell Council
<u>Domestic Abuse</u>			
Relate Oldbury	Info@relatebirmingham.co.uk	0121 643 1638	Oldbury Relate

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Black Country Women's Aid	Info@blackcountrywomensaid.co.uk	0121 553 0090	Contact - Black Country Womens Aid
Ask Marc (support for men affected by domestic abuse)	Info@askmarc.org.uk	0121 289 6402	https://askmarc.org.uk
Leeway	referrals@leewaynwa.org.uk	0300 561 0077	www.leewayssupport.org
Pandora Project	referrals@pandoraproject.org.uk	07526 257857	www.pandoraproject.org.uk
National Domestic Violence Hotline	helpline@womensaid.org.uk	0808 2000 247	www.womensaid.org.uk
Mens Advice Line	info@mensadviceline.org.uk	0808 801 0327	www.mensadviceline.org.uk
Mankind Initiative		01823 334244	www.mankind.org.uk
National Stalking Helpline		0808 802 0300	www.suzylamplugh.org/refer-someone https://www.suzylamplugh.org/refer-someone-to-usto-us
Paladin: National Stalking Advocacy Service	info@paladinservice.co.uk	020 3866 4107	www.paladinservice.co.uk http://www.paladinservice.co.uk/
<u>Substance Misuse</u>			
Cranstoun	Sandwellreferrals@cranstoun.org.uk	0121 553 133	Sandwell - Cranstoun
<u>Eating Disorders</u>			
Birmingham Peer support group - BEAT	Eatkeepbeat@gmail.com		https://beateatingdisorders.org.uk/birmingham-peer-support-group/
<u>LGBTQ+</u>			
Galop – LGBTQ+ domestic abuse	info@galop.org.uk	0800 999 5428	www.galop.org.uk
Birmingham LGBT	Hello@blgbt.org">Hello@blgbt.org	0121 643 0821	Birmingham LGBT - Supporting Birmingham's LGBTQ+ Community (blgbt.org)

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Ask Marc	Info@askmarc.org.uk	0121 289 6402	https://askmarc.org.uk
<u>Bereavement</u>			
Edward's Trust	Admin@edwardstrust.org.uk	0121 454 1705	http://www.edwardstrust.org.uk
Nelsons Journey	enquiries@nelsonsjourney.org.uk	01603 431788	https://nelsonsjourney.org.uk/contact-us/
Winstons Wish	ask@winstonswish.org	080880200 21	https://www.winstonswish.org/
<u>Loneliness</u>			
Focus Birmingham (telephone befriending service)	0121 393 4849		Telephone Befriending Service Focus Birmingham Charity for sight loss and complex needs
<u>Honour based abuse</u>			
Karma Nirvana			www.karmanirvana.org.uk/
<u>Terminal Illness</u>			
Marie Curie	Supporter.relations@mariecurie.org.uk	0800 090 2309 0121 752 9305	www.priscillabaconhospice.org.uk/contact-us/
Rainbow Trust (supporting families of a seriously ill child)	Enquiries@rainbowtrust.org.uk	01372 363 438	Support for families Rainbow Trust Children's Charity
<u>Gambling</u>			
Gamblers Anonymous – Birmingham Quinborne	Quinborne.g.a@gmail.com	0330 094 0322	https://www.gamblersanonymous.org.uk/find-a-meeting
<u>Crime</u>			
Victim Support Birmingham		0300 332 1000	Home - Victim Support
Victim Support Dudley		0300 303 1977	Home - Victim Support

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Hate Crime support - Remedi	Wmpcc@westmidlands.police.uk	0121 626 6060	New service launched to support victims of hate crime - West Midlands Police & Crime Commissioner (westmidlands-ccc.gov.uk)
<i>Web-based or phone-based services</i>			
Kooth		App based service	www.kooth.com
Childline		0800 1111	https://www.childline.org.uk/
Samaritans	Jo@samaritans.org	116123	https://www.samaritans.org/aboutsamaritans/
Shout		85258 (Text service)	https://www.crisistextline.uk/