


ADDICTIONS

DUDLEY STOP SMOKING SERVICE

Provides help and advice to help you stop smoking.


 0800 085 0652


 www.dudleystopsmoking.co.uk


ALZHEIMERS

ALZHEIMER'S SOCIETY

Working to improve the quality of life of people affected by dementia.

 Castlemill, Burnt Tree, Dudley DY4 7UF


 0121 521 3021

 www.alzheimers.org.uk

BEREAVEMENT

CRUSE (DUDLEY & WOLVERHAMPTON BRANCH)

Offering support after the death of someone close.

 01384 262878


 dudleywolves@cruse.org.uk


 www.cruse.org.uk

CARERS

DUDLEY CARERS IN PARTNERSHIP FOR MENTAL HEALTH

Support Group for Carers.

 01562 8835331


 nh004g8257@blueyonder.co.uk

DRUGS

SWITCH DUDLEY

The young person's alcohol and drug service in Dudley


 1 Castle Street, Dudley DY1 1LG


 01384 241440


GENERAL


CITIZENS ADVICE BUREAU

We help people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

 Marlborough House, 11 St James's Road,
Dudley DY1 1JG


 01384 816222


 dudleybureau@dudleycabx.org

 www.citizensadvice.org.uk

CRI ATLANTIC HOUSE RECOVERY PROJECT

Working with individuals, families and communities that are affected by drugs, alcohol, crime, homelessness, domestic abuse and antisocial behaviour.


 Atlantic House, Dudley Road, Lye, Stourbridge
DY9 8EL


 01384 426120


 www.cri.org.uk

DUDLEY COUNCIL FOR VOLUNTARY SERVICES (DCVS)

An independent local voluntary organisation that supports, promotes and develops local voluntary action.

 7 Albion Street, Brierley Hill, Dudley, West
Midlands DY5 3EE

 01384 573381


 support@dudleycvcs.org.uk

 www.dudleycvcs.org.uk

DUDLEY METROPOLITAN BOROUGH COUNCIL (DMBC)

Provides a range of statutory services to support health and social care needs.

 Council House, Priory Road, Dudley DY1 1HF


 0300 555 2345


 dudleycouncilplus@dudley.gov.uk

 www.dudley.gov.uk

OFFICE OF PUBLIC HEALTH

Provides information, advice and services to support health and wellbeing.


 Dudley MBC, 8th Floor, Falcon House, The
Minorities, Dudley DY2 8PG


 01384 814050

MEDICAL CARE

DUDLEY WALK IN CENTRE

Offering NHS healthcare from 8 am until 8 pm, seven days a week and every day of the year.

 Holly Hall Clinic, Stourbridge Road, Dudley
DY1 2ER


 0330 1239225


 www.dudleyboroughwic.nhs.uk

MENTAL HEALTH

DUDLEY & WALSALL MENTAL HEALTH PARTNERSHIP NHS TRUST (DWMHPT)

Providing a wide range of integrated mental health services to children, adults and older people across the communities of Dudley and Walsall.

 Trafalgar House, 47-49 King Street, Dudley
DY2 8PS




 0300 555 0262

 bettertogether@dwmh.nhs.uk

 www.dwmh.nhs.uk





DUDLEY MIND

Aiming to improve the mental health of people living in the local area.

 221 Hagley Road, Oldswinford, Stourbridge
DY8 2JP
 01384 442938
 www.dudleymind.org.uk





RETHINK

Supporting people with mental health issues to get through crises and to live independently.

 Criterion House, 120 King Street, Dudley DY2
8NZ
 01384 358313
 espdudley@rethink.org
 www.rethink.org


THE SAMARITANS

If something's troubling you, then get in touch. We're here 24 hours a day, 365 days a year.

 Beryl House, 8 Albion Street, Brierley Hill DY5
3EE
 08457 90 90 90
 jo@samaritans.org
 www.samaritans.org.uk

SAMh (Support Association for Mental Health)




Making sure that Mental Health services are meeting the needs of people today.

 supportassociationfmh@hotmail.com

OLDER PEOPLE

AGE UK DUDLEY

Aims to improve later life for everyone through information and advice, services, campaigns, products, training and research.

 Junction 1905, 1 Cradley Road, Netherton,
Dudley DY2 9RA
 01384 354508
 www.ageuk.org.uk/dudley

PHONE APPS





WellMind is a free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. It includes advice, tips and tools to improve your mental health and boost your wellbeing. Download for free now on iPhones, iPads and Android devices by searching 'WellMind' on the App Store or Google Play.

 www.dwmh.nhs.uk/WellMind

RELATIONSHIPS

RELATE DUDLEY

Offering advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone & through their website.

 16a Stone Street, Dudley DY1 1NS
 01902 428447
 relatewolves@hotmail.com
 www.relate-wolverhampton.org.uk

YOUNG PEOPLE

KOOTH.COM

Online Counselling Service for young people.

 www.kooth.com

THE WHAT? CENTRE

Young peoples' advice and information services and therapeutic counselling.

 23 Coventry Street, Stourbridge. West
Midlands DY8 1EP
 01384 379992
 thewhatcentre@aol.com
 www.thewhatcentre.com

NATIONAL LINKS//HELPLINES

CAMPAIGN AGAINST LIVING MISERABLY

Suicide Prevention Men

www.thecalmzone.net

HELPLINE: 5pm – Midnight 0800 58 58 58

TEXT: 07537 404717

PAPYRUS

Suicide Prevention Young People

<http://www.papyrus-uk.org/>


Helpline: HOPELineUK 0800 068 41 41

Email: pat@papyrus-uk.org


SUICIDE PREVENTION TRAINING/ RESOURCES

FORWARD FOR LIFE

Supporting communities to be suicide safer through specialist, licensed internationally licensed training programmes. Resources for suicide prevention online

 07585776800

 www.forwardforlife.org

 info@forwardforlife.org

COMMON UNITY

 www.common-unity.com