






ALCOHOL SERVICES SWANSWELL

Adult Alcohol Services

 Alberta Building, 128b Oldbury Road
Smethwick, B66 1JE


 0121 553 1333


 Support@Swanswell.org

GENERAL ADVICE CITIZENS ADVICE BUREAU

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

Office is open Monday, Tuesday and Thursday, 9.30 to 2.30pm. Telephone advice service is available Monday to Friday (2-4 daily).

 22 Lombard Street, West Bromwich, B70
8RT

 0121 500 2703 (Telephone Advice Line)
open Monday and Friday 2pm - 4pm and
0121 500 2700 (Appointment Line)

 www.citizensadvice.org.uk

YOUNG PEOPLE SHIELD

Help to young people (5-19) in Sandwell to feel happier, healthier and safer. Shield offers a range of evidence based interventions to support emotional wellbeing including group programmes as well as one-to-one support.


Please note SHIELD is not a crisis intervention service.

 www.myshieldsandwell.org

SANDWELL CAMHS

Child and Adolescent Mental Health Service for children and young people who have complex mental health problems.

Working hours are Monday to Friday, 9am to 5pm.

 0121 612 6620 // 0800 389 4924

Out of hours crisis situation, contact Emergency Duty Service on 0121 561 3704

SANDWELL'S SUICIDE PREVENTION CARE PATHWAY (Children/Young People)

Information offering a care pathway flowchart for all workers to follow. You can download the document from the Sandwell's Safeguarding Children Board website.

 www.sandwellscb.org.uk/site/whats_new.html

GP SUPPORT FOR CLIENTS IN CRISIS


Please contact and/or refer the client to their GP. It is the GP's responsibility to assess the client and refer into secondary care mental health services if appropriate.

*If the crisis occurs out of GP working hours, the professional working with the client can call the out of hours Primary Care Liaison Service on **0845 146 1800**. Please note, self referrals are not accepted at this level*

WELLBEING SANDWELL WELLBEING HUB

Sandwell's single point of access into all adult primary care mental health and wellbeing services, including self-help and group programmes, IAPT (talking therapies), counselling services and access into 'Chin-Up' – wellbeing groups for young people (10-18).

Individuals can self-refer at this level, and signposting and referrals are accepted from any professional. The Hub's Wellbeing Coordinators will discuss the client's needs with them, do an assessment if required and refer the client to the most appropriate level of service.

 0800 011 4656

 www.confidenceandwellbeing.co.uk

Text **64546**



DRUGS

DECCA (Drug Education, Counselling and Confidential Advice)

Young people's alcohol and drug service. The team work with any young person that lives in the Sandwell area aged 18 or under and the agencies that work with them.

☎ 0845 838 5317

💻 www.ourguideto.co.uk/trustdecca/allaboutdecca.php

DRUGS – Contd.

IRIS SANDWELL

The adult drug treatment service for the Borough of Sandwell

📄 Alberta Building, 128b Oldbury Road,
Smethwick B66 1JE

☎ 0121 553 1333

📧 sandwellinfo@irispartnership.org.uk

RELATIONSHIPS

RELATE

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

📄 Old Municipal Buildings, Oldbury, B69
2AB

☎ 0121 643 1638

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

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

THE SAMARITANS

If something's troubling you, then get in touch.

We're here 24 hours a day, 365 days a year.

☎ 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

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

Common Unity Social Enterprise is a Health and Social Care organisation specialising in working on mental health and wellbeing.

💻 www.common-unity.org

📧 info@common-unity.org