



Useful list of local and national mental health services

Dudley Mind
221 Hagley Road
Stourbridge
DY8 2JP

www.dudleymind.org.uk
01384 442938
enquiries@dudleymind.org.uk

In the case of a mental health crisis

Call 999

If you or someone you know is experiencing a life-threatening or harmful mental health crisis and has already harmed themselves, taken an overdose or is attempting suicide, please call 999 and ask for an ambulance. If it is safe to do so, please go along to the A&E department of your nearest hospital as soon as possible.

Call the NHS 111 service

If you or someone you know is experiencing a non life-threatening mental health crisis there are several things you can do to get help and advice.

The NHS 111 service is staffed 24 hours a day, 7 days a week by a team of fully trained advisers. They will ask questions to assess your symptoms and, depending on the situation.

- give you self-care advice
- connect you to a nurse, emergency GP
- book you a face-to-face appointment
- send an ambulance directly, if necessary direct you to the local service that can help you best with your concern

Book an emergency appointment with your GP

Call your GP and book an emergency appointment. Your practice should be able to offer you an emergency appointment in a crisis with the next available doctor.

National mental health organisations

Mental Health Foundation

020 7803 1101

Improving the lives of those with mental health problems or learning difficulties.

Together

020 7780 7300

Supports people through mental health services.

The Centre for Mental Health

020 7827 8300

Working to improve the quality of life for people with mental health problems.

Depression Alliance

0845 123 2320

Provides information and support to those who are affected by depression via publications, supporter services and a network of self-help groups.

PANDAS Foundation

0843 28 98 401 (every day from 9am-8pm)

PANDAS pre (antenatal), postnatal depression or postnatal psychosis. We provide our PANDAS Help Line, Support Groups offer online advice to all and much more.

Citizens Advice

Gives free confidential information and advice to help people sort out their money, legal, consumer and other problems.

Support for children and young people

Young Minds

020 7336 8445

Provides information and advice for anyone with concerns about the mental health of a child or young person.

Anxiety UK

08444 775 774

Works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

Helplines

The What Centre (support for young people 13-25)

<http://www.thewhatcentre.com/>

01384 379992

Child and Adolescent Mental Health Community Services (CAMHS)

<http://www.dwmh.nhs.uk/child-adolescent-mental-health-services-camhs/>

01384 324589

Dudley Connexions (support for young people 13-19) with learning disabilities)

Website: <http://www.connexionsdudley.org/>

Tel: 01384 811400



Most helplines are staffed daily by trained individuals who are there to listen to you in a non-judgemental way and offer you advice and support.

Samaritans

Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them.

Phone: 116 123 (24 hours a day, 7 days a week)

Rethink Mental Illness

Rethink Mental Illness. We help millions of people affected by mental illness by challenging attitudes, changing lives.

Phone: 0800 8022288 (Mon - Fri 6pm - 1am Sat - Sun 2pm - 1am)

CALM

CALM is the Campaign Against Living Miserably, for men aged 15-35.

Phone: 0800 585858 (daily, 5pm - midnight)

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD.

Phone: 0844 957 4848 (daily, 10am-10pm)

OCD Action

Support for people with obsessive compulsive disorder (OCD).

Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

Papyrus

Support for those dealing with suicide, depression or emotional distress – particularly teenagers and young adults.

Papyrus HOPElineUK: [0800 068 41 41](tel:08000684141) (Mon-Fri 10am - 10pm Sat-Sun 2pm - 5pm)

YoungMinds

Parents' Information Service gives advice to parents or carers who may be concerned about the mental health or emotional well being of a child or young person.

Phone: [0808 802 5544](tel:08088025544) (Mon-Fri 09:30am - 4:00pm)

The Mix

Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't- make-me- say-it- out-loud thoughts you have. We give you the information and support you need to deal with it all.

Phone: [0808 808 4994](tel:08088084994) (24hrs a day, 7days a week)



Local mental health services and organisations

Local mental health organisations provide various services for a range of mental health conditions as well as useful advice and information.

Dudley Mind

www.dudleymind.org.uk

01384 442938

Creative Support

<http://www.creativesupport.co.uk/tag/west-midlands/>

01384 5655605

Integrated Plus

<https://integratedplusblog.com/about/>

01384 573381

Dudley & Walsall mental health trust

<http://www.dwmh.nhs.uk/>

01922 607000

Dudley talking therapy service

<http://www.dwmh.nhs.uk/dudley-talking-therapy-service/>

0800 9530404

Thrive into Work

<http://www.dwmh.nhs.uk/thrive-into-work/>

01384 324645