



Family Support



Family Well-being & Advice

Local support

The Black Country Emotional Support Helpline

[0808 802 2288](tel:08088022288) dudleyhelpline@rethink.org

Monday - Thursday: 6.00pm - 3.00am

Friday: 6.00pm - 3.00am

Saturday - Sunday: 2.00pm - 3.00am

BETTER TOGETHER

Dudley and Walsall Mental Health Partnership NHS Trust provides a wide range of integrated mental health services to children, adults and older people across the communities of Dudley and Walsall

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



Family Support



DUDLEY MIND

Dudley Mind is a mental health charity committed to provide emotional, social and therapeutic support and rehabilitation to individuals experiencing mental ill health <https://dudleymind.org.uk/>

REACH OUT DUDLEY

A local campaign in Dudley to encourage people to talk about suicide and raise awareness of support services available to them

<https://reachoutdudley.co.uk/>

RETHINK - BLACK COUNTRY EMOTIONAL SUPPORT HELPLINE

A freephone service for those in need of support, reassurance and understanding. This telephone based service is open 365 days and no referral is required. Anyone experiencing emotional distress, Carers, friends or family who require support about someone they know:

0808 802 288 / dudleyhelpline@rethink.org

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/dudley-mental-health-support-and-advice-line/>



Family Support



NHS EVERY MIND MATTERS

Every Mind Matters has been developed to help you manage and maintain your mental health, as good mental health makes such a difference. It helps us to relax more, achieve more and enjoy our lives more.

<https://www.nhs.uk/oneyou/every-mind-matters>

SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text Shout to 85258

National support

Mind UK - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Coronavirus and your wellbeing

You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

This information is to help you cope if:



Family Support



- you're feeling anxious or worried about coronavirus
- you're staying at home and avoiding public places, following Government advice that we should stay at home as much as possible
- you are self-isolating because you, or someone you live with, has symptoms of coronavirus. Self-isolating means you don't leave your home for any reason, other than for exercise once per day.

And this information covers:

- Staying at home or indoors
- Take care of your mental health and wellbeing
- Checklist for staying at home

You might also find these links helpful:

- The NHS website has guidance in English about coronavirus and staying at home.
- The Welsh Government website has guidance in English about coronavirus and staying at home, and guidance in Welsh about coronavirus and staying at home.



Family Support



- The NHS website has guidance in English about what to do if you, or someone you live with, has symptoms of coronavirus and you need to self-isolate. This advice is stricter than the standard guidance about staying at home.

NHS England and the Welsh government are contacting people who they have identified as being at higher risk of severe illness from coronavirus. This is because of certain pre-existing physical health conditions.

If this affects you or someone you know, there is specific guidance that you should follow, and extra support available to help you:

- The UK Government website has specific guidance to help protect yourself from coronavirus.
- The Welsh Government website has specific guidance in English to help protect yourself, and specific guidance in Welsh to help protect yourself.
- If you live in England, you can register for extra support on the UK Government website, or somebody else can register on your behalf

The Samaritans - <https://www.samaritans.org>

- Call 116 123 for free or Other ways you can touch