

Emotional Health and Wellbeing support numbers and resources

For urgent medical attention, your options are Accident & Emergency (A&E) and Emergency GP appointments.

For urgent medical advice you can call the NHS 111 (England) or NHS Direct (Wales).

National:

Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

Having good mental health helps us relax more, achieve more and enjoy our lives more. There are simple things we can all do to look after our mental health and wellbeing – take our quiz to get started today with a free plan, expert advice and practical tips.

Kooth

www.kooth.com

(XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use)

Samaritans

116 123

(You can get in touch about anything that's troubling you, no matter how large or small the issue feels.)

Shout crisis text line

Text shout to 85258

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.

Re think mental illness

www.rethink.org

Our advice and information service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, debt and carers rights. We also offer general information on living with mental illness, medication and care.

Mind

0300 123 3393

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding

Child line

0800 1111 or www.childline.org.uk

Online and over the phone support and advice for children



Walsall Council

NSPCC

0808 800 5000 or www.nspcc.org.uk

Every day, with your support, we work to protect children and prevent abuse so we can make child abuse a thing of the past. Online and over the phone support for parents and children.

Young Minds (Parents Helpline)

0808 802 5544 – Monday – Friday 9.30 – 4pm

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

Walsall:

Walsall Early Help Hub: 0300 555 2866 opt 1

The Early Help Hub is the first point of contact for both families and professionals in Walsall seeking advice and guidance. We identify a family's needs and seek appropriate support to ensure all the needs of the family are met

Walsall school Nurses Chat Health line

07480 635 363 (Age 11-19)

Walsall school nurses, parent text line

07520 634 909

(You can chat to the school nurses about: keeping healthy, Emotional Health, Sexual health, puberty, drugs & alcohol, smoking, weight management, medical conditions in school, bullying, healthy relationships, body image and more!)

Walsall's online Parenting Offer:

www.inourplace.co.uk

In Walsall we offer a variety of online parenting programmes, this enables parents to get the help and support they need working around a time that best suits the needs of the family. To access our courses Go to: www.inourplace.co.uk , Click 'START NOW' - fill in your details, to register & sign in Scroll down & find the below courses, Click on 'Take course'. Use the below codes to access your course for FREE

Understanding Your Pregnancy: WALSOLIHULLAPPROACHANT

Understanding your baby: WALSOLIHULLAPPROACHPOSTN

Understanding your child (available in Urdu and Polish): WALSAPARNT

Understanding your Teenager: WALSAPARNT

Health in Pregnancy Service

www.walsallhealthcare.nhs.uk/our-services/maternity/health-in-pregnancy-service-hips

Walsall Citizens Advice

0300 330 1159 or www.walsallcab.org.uk

Black Country Women's aid

01922 649569 (out of hours 0121 5526448)

Our diverse range of services include domestic abuse refuge and community support; rape, sexual violence and childhood sexual abuse support; forced marriage and honour based violence support; children and young people's services; therapeutic services; and support for female offenders and women with complex needs.

Guidance for households with possible coronavirus infection:

www.gov.uk/government/publications/covid-19-stay-at-home-guidance