

24/7 Mental Health Helpline for Black Country Residents

At a time of much uncertainty, it is only natural to experience some stress and anxiety. If you do find that your mental health is being affected by the implications of coronavirus, then please don't suffer in silence.

Black Country Healthcare NHS Foundation Trust have launched a new, 24/7 helpline which is open to residents of all ages across the Black Country and will give access to urgent mental health, learning disability and/or autism support.

The helpline is manned by specialist mental health staff who will provide advice and support and can also signpost to other mental health services if these are required.

It is important that families and staff do not think they are alone – it is ok to not be ok, and if you aren't, then please do pick up the phone and speak to someone.

Phone line details:

- Monday – Sunday, 24 hours a day – call 0345 6460827 –
- press 1 if you live in Sandwell or Wolverhampton and press 2 if you live in Dudley or Walsall.

[MindEd](#) offers a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.