

The logo for Barnardos, featuring the word "BARNARDOS" in a stylized, green, blocky font with a white outline, set against a dark green background.The logo for Sandwell Family, with "Sandwell" in a small black font above "Family" in a large, purple, sans-serif font. Below "Family" is the tagline "Helping Families Thrive" in a smaller black font.The logo for Hubs, with the word "Hubs" in a white, sans-serif font inside a purple rectangular box with a white border.

Places to access support

Wellbeing and Mental Health Support

Samaritans (24 hours a day) - 116 123

Shout - Text Shout to 85258

Mental health crisis - call 111 (option 2)
or text 0786 002 5281

Black Country Women's Aid - 0121 552 6448
(24hr helpline)

Respect phonenumber - 0808 802 4040

Health Care

Contact you GP

Local Pharmacy can help with minor illnesses

For urgent but non-life threatening issues - call 111

For series emergencies - call 999 or visit A&E

Dental emergencies - regular dentist or 111 for advice

Sandwell Children's Trust - 0121 569 3100

Food Banks

To find your local
food bank scan here

