

Mental Health Support – Children and Young People

NHS Support:

1. 24-7 Black Country Support Line: **0345 646 0827**
Press 1 if you live in Sandwell or Wolverhampton
Press 2 if you live in Dudley or Walsall



Counselling Support:

1. Kooth – a free anonymous online counselling and emotional well support service for children and young people in Dudley aged 11 - 18 years, 12pm - 10pm Monday - Friday, 6pm - 10pm Saturday - Sunday. www.kooth.com
2. The What? Centre is a Young Person's Advice and Counselling Service for young people aged 10 - 25 years, 10am - 5pm Monday - Friday. www.thewhatcentre.co.uk
 - Email on thewhatcentre@hotmail.co.uk
 - Phone on **01384 379992** (Stourbridge) or **01384 885488** (Dudley)



Crisis Support:

1. Samaritans offer listening and support to people and communities in times of need. Open 24-7. www.samaritans.org
 - Email on jo@samaritans.org or phone on **116 123**
 - Write your thoughts and feelings down and send to **Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA.**
2. Childline is a free, private and confidential service where you can talk about anything, usually open 24-7 but now open 9am – Midnight (during lockdown) www.childline.org.uk
 - Phone on **0800 1111**
3. YoungMinds can be accessed at their website for general ideas to help and support yourself or if a young person is in crisis they can text the YoungMinds Crisis Messenger for free 24/7 support across the UK.
 - If you need urgent help text YM to **85258**
 - Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
 - **Parents Helpline – call 0808 802 5544**
4. The Mix is a support service for young people (under 25) to help them with many issues including mental health, money, homelessness, finding a job, relationship break-ups and drugs. Children and Young People can talk to them online, social or on their free, confidential helpline.
 - Online find resources, group chats, messenger and apps at <https://www.themix.org.uk/>
 - Ring them on **0808 808 4994**



Other Resources:

1. iZONE is a trusted local and national information, services and apps for children and young people in Dudley <http://izone.org.uk/>
2. Dudley Take Five helps different age groups of children and young people understand the Five Steps to Wellbeing. Taking the Five Steps can help us all feel better every day. You can find our Take Five short films here: <https://www.youtube.com/channel/UCINI-U7DIjveH5ObJ1vOOOg>

