

22 April 2020

Black Country Healthcare NHS Foundation Trust is pleased to announce the launch of a 24-7 support line for adults, older adults, and children and young people requiring urgent mental health support during the Covid-19 pandemic.

Please don't suffer in silence. If you are experiencing increased distress or anxiety during these uncertain times, pick up the phone and speak to one of our specialist mental health professionals who will be able to support you.

We continue to provide support through our Healthy Minds / Improving Access to Psychological Therapies (IAPT) services which offer psychological therapy services for people experiencing common mental health problems such as low mood, depression, anxiety and stress.

Sandwell Healthy Minds
www.sandwellhealthyminds.nhs.uk
0303 033 9903

Wolverhampton Healthy Minds
www.wolverhamptonhealthyminds.nhs.uk
0800 923 0222 / 01902 441856

Dudley IAPT
www.dwmh.nhs.uk/dudley-talking-therapy-service
0800 953 0404

Walsall IAPT
www.dwmh.nhs.uk/walsall-talking-therapies-service
0800 953 0995

Alternatively contact our new 24-7 mental health support line which is available for Black Country residents of all ages:



0345 6460827

**24 hours a day
7 days a week**

**Press 1 if you live in Sandwell or
Wolverhampton
Press 2 if you live in Dudley or
Walsall**

If you are already receiving support from our services please continue to maintain contact through your normal route.