

# Are you having a mental health crisis?

## Emergency Department Patient Information Leaflet

If you are having a mental health crisis, or are concerned about a friend or family member, there is a lot of help and support out there. This leaflet includes contact information that you may find useful.



## Big White Wall

A safe, online, anonymous service for people over 16 years. Available 24/7. Get support from others who feel like you and get on top of your troubles.

[www.bigwhitewall.com](http://www.bigwhitewall.com)

## CALM (Campaign Against Living Miserably)

Offers help on the website and a helpline for men of any age who are feeling depressed or down.

0800 58 58 58 (Freephone, 5pm to midnight, every day)

[www.thecalmzone.net](http://www.thecalmzone.net)

## Childline

0800 1111 (Freephone)

[www.childline.org.uk](http://www.childline.org.uk)

## Cruse Bereavement Care

Cruse Bereavement Care offers support to people after the death of someone close.

**National:** 0844 477 9400

**Dudley:** 01384 262878

**Wolverhampton:** 01902 420055

**Sandwell:** 0121 558 1798

[www.cruse.org.uk](http://www.cruse.org.uk)

## Depression Alliance

Information, support and understanding for people who suffer with depression, and for relatives who want to help.

<http://www.depressionuk.org/index.shtml>

## Depression UK

Support and advice for people suffering from depression.

0870 774 4320

[www.depressionuk.org](http://www.depressionuk.org)

## Dudley and Walsall Mental Health Partnership NHS Trust

Provides support to children, adults and older people across the communities of Dudley and Walsall.

0300 555 0262

[www.dwmh.nhs.uk](http://www.dwmh.nhs.uk)

**In a crisis out of hours** (after 5pm, weekends and Bank holidays):

**Dudley:** 01384 325333

**Walsall:** 01922 607777

## Eating Disorders Association

0345 634 1414

[www.b-eat.co.uk](http://www.b-eat.co.uk)

## Get Connected

Offers help by telephone and email for young people under 25 who self-harm.

0808 808 4994

<http://www.getconnected.org.uk/>

## Kaleidoscope Plus Group

Sandwell Outreach and Recovery Team. Supports people with mental ill health.

0121 565 8344

## Kooth.com

Online counselling service for young people.

[www.kooth.com](http://www.kooth.com)

## Listeninghelps.org

A listening ear for those who have served, those who are serving in the Army Reserves and occasionally, those serving in the regular forces.

07858 249576

listeninghelpsproject@gmail.com

<http://listeningmatters.org/>

## **Mental Health Foundation**

Publication – the truth about self-harm:

<http://www.mentalhealth.org.uk/publications/truth-self-harm/>

## **Mind**

Provides information about types of mental distress and where to get help.

0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk)

## **Dudley Mind**

Also have self-help groups for anxiety, bipolar disorder, depression and people who hoard items.

01384 442938

<http://www.dudleymind.org.uk/>

## **National Eating Disorders Association**

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## **Pandas**

Pre- and postnatal depression advice and support. Supports families suffering from pre (antenatal) and postnatal illness (mums and dads).

0843 28 98 401

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

## **Papyrus**

Helpline for young people – prevention of young suicide.

0800 068 4141 (Freephone)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## **RD4U**

Supporting young people after the death of someone close.

0808 808 1677

[info@rd4u.org.uk](mailto:info@rd4u.org.uk)

[www.rd4u.org.uk](http://www.rd4u.org.uk)

## Recover your life

Internet self-harm support community. Also provides support for any emotional problems, in addition to self-harm.

<http://www.recoveryourlife.com/>

## Rethink Mental Illness

Advice and support line:

0300 5000 927 (10am to 2pm, Monday to Friday)

[advice@rethink.org](mailto:advice@rethink.org)

[www.rethink.org](http://www.rethink.org)

## Rethink Mental Illness – Dudley Service

Help and advice.

01384 869898

## Royal College of Physicians

Publication for young people on coping with difficulties in life:

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/ucancope.aspx>

Publications on self-harm:

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/self-harm/self-harm-keyfacts.aspx>

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/feelingontheedge.aspx>

<http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/feelingoverwhelmed.aspx>

## Samaritans

Helpline service to talk about anything troubling you.

08457 90 90 90 (24 hours)

[www.samaritans.org](http://www.samaritans.org)

## **Sane**

Crisis care and emotional support for people with mental health problems, their families and carers.

0845 767 8000 (24 hours)

[www.sane.org.uk](http://www.sane.org.uk)

## **Selfharm.co.uk**

A project dedicated to supporting young people who are affected by self-harm.

[www.selfharm.co.uk](http://www.selfharm.co.uk)

## **Survivors of Bereavement by Suicide (SOBS)**

Support for those over age 18 who have been bereaved by a suicide.

0300 111 5065

<http://uk-sobs.org.uk/>

## **The National Self-harm Network**

A forum to support and provide information for those who self-harm and their families.

[www.nshn.co.uk](http://www.nshn.co.uk)

## **The Road to Wellbeing – a self-help tool for managing the stress of everyday life**

For a free copy of the CD or booklet contact:

01384 816284

[roadtorelaxation@dudley.gov.uk](mailto:roadtorelaxation@dudley.gov.uk)

Download booklet from:

<http://www.dudley.gov.uk/health/office-of-public-health/looking-after-yourself/mental-health-and-wellbeing/>

## **The Seasonal Affective Disorder Association (SADA)**

SAD is a type of winter depression caused by a biochemical imbalance in the brain due to shortening of daylight hours. SADA aims to support and advise people with SAD.

[www.sada.org.uk](http://www.sada.org.uk)

## **TheSite.org**

Offers information and support in UK for ages 16 to 25 years including self-harm, relationships, drink and drugs.

[www.thesite.org](http://www.thesite.org)

## **The Veterans' Mental Health Charity – Combat Stress**

0800 138 1619 (Freephone)

[www.combatstress.org.uk](http://www.combatstress.org.uk)

## **Young Minds**

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. It provides information for parents or carers worried about children or young people. Have useful publications available online.

0808 802 5544

<http://www.youngminds.org.uk/>

A publication about self-harm is available on the following web link:

[http://www.youngminds.org.uk/assets/0000/7354/Self-Harm\\_Single\\_page\\_.pdf](http://www.youngminds.org.uk/assets/0000/7354/Self-Harm_Single_page_.pdf)

## Social Services

### Adult Social Care Access Teams

**Birmingham:** 0121 303 1234

**Dudley:** 0300 555 0055

**Sandwell:** 0845 352 2266

**South Staffordshire:** 0300 111 8010

**Wolverhampton:** 01902 551 199

**Worcester:** 0845 607 2000

### Dudley Adult Safeguarding Unit

0300 555 2345

### Children's Social Services

**Dudley:** 01384 813200

**Sandwell:** 0845 351 0131

### The Children's Disability Team Social Services

01384 815813

### Can I find out more?

There is more information on the following Dudley Community Information Directory web link:

<http://www.dudleyci.co.uk/kb5/dudley/asch/home.page>



**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات  
08000730510 أخرى، الرجاء الاتصال بالرقم

此宣传单可提供大字版本、音频版本和其它语言版本，  
请拨打 电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji  
audio lub w innym języku. W tym celu zadzwoń pod  
numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ  
ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ،  
0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu  
caractere mari, versiune audio sau în alte limbi,  
pentru acest lucru vă rugăm să sunați la  
0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر  
زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر  
08000730510 پر رابطہ کریں۔

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/accident-emergency/>

With acknowledgements to the Office of Public Health, Dudley Council

Originator: J Beck, Welfare Liaison Nurse, ED. Date originated: March 2015. Review date: March 2018. Version: 1. DGH ref: DGH/PIL/01108