

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 / Talking Therapies 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](http://www.sandwellhealthyminds.nhs.uk)  
0303 033 9903

**Wolverhampton Healthy Minds**  
[www.wolverhamptonhealthyminds.nhs.uk](http://www.wolverhamptonhealthyminds.nhs.uk)  
0800 923 0222 / 01902 441856

**Dudley Talking Therapies**  
[www.dwmh.nhs.uk/dudley-talking-therapy-service](http://www.dwmh.nhs.uk/dudley-talking-therapy-service)  
0800 953 0404

**Walsall Talking Therapies**  
[www.dwmh.nhs.uk/walsall-talking-therapies-service](http://www.dwmh.nhs.uk/walsall-talking-therapies-service)  
0800 953 0995

**People can also access online cognitive behaviour therapy (CBT) programmes:**  
Sandwell and Wolverhampton - [www.bcpft.silvercloudhealth.com/signup](http://www.bcpft.silvercloudhealth.com/signup)  
Walsall - [www.walsalltalkingtherapy.silvercloudhealth.com/signup](http://www.walsalltalkingtherapy.silvercloudhealth.com/signup)  
Dudley - [www.dudleytalkingtherapy.silvercloudhealth.com/signup](http://www.dudleytalkingtherapy.silvercloudhealth.com/signup)

**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.**