

COVID Family Support

COVID Winter Grant

<https://www.sandwell.gov.uk/wintergrant>

Financial Advice & Help

If you are worried about debt to Sandwell Council, please call 0121 569 5333

Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments, Money Advice amongst others

https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help

Resilient Residents

Lots of Advice and contacts for a whole range of needs (Benefits Checker, debt advice, budgeting and money management, employment advice and support, well-being, food, help in an emergency)

https://www.sandwell.gov.uk/info/200347/resilient_residents

LEAP: The energy and money saving service

<https://applyforleap.org.uk/>

LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. LEAP can also get FREE white goods and cookers for qualifying families.

Call (FREE) 0800 060 7567 8:45am – 7.00pm Monday to Friday and 9.00am – 12.00pm Saturdays

Foodbanks

<https://www.blackcountryfoodbank.org.uk/>

Telephone: 01384 671250 Email: admin@blackcountryfoodbank.org.uk

If you don't have access to a voucher please call the above number.

Fountain of Life Food Bank- New Testament Church of God, 31a Church Street. Oldbury B69 3AG

Opening Hours: Friday 14:00- 16:00

The Coffee Shop- 151, Castle Road West, Oldbury, B68 0EL

Opening Hours: Friday 10:00 - 12:30

Other locations <https://www.blackcountryfoodbank.org.uk/locations/>

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

Foodbank vouchers can be accessed via a number of services including your GP, schools & Sandwell Citizen's Advice

Emergency Food Parcel

Midland Langar Seva Society 24hr Emergency Parcel Delivery: 07903 400179

At times we will all be with clients and therefore you will be asked to leave a message. Please ensure you leave the correct telephone contact when leaving a message.

Action 4 Children Feed Well for less- food boxes for families affected by covid. Referrals by agencies only email ruth.ellis@actionforchildren.org.uk or debi.madden@actionforchildren.org.uk for more information or to refer families.

COVID Family Support

Rethink Emotional Support

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/>

Rethink Emotional Support Helpline is a freephone service for those who are in need of support, reassurance and understanding.

The service can be contacted on 0808 802 2208 at the following times:

Monday- Friday 6.00pm – 3.00am

Saturday- Sunday 2.00pm – 3.00am

We are now offering Text/webchat support during our opening hours:

Text 07860 065 168

Webchat www.rethink.org/blackcountryhelpline

Kaleidoscope Plus Group

The Kaleidoscope Plus Group works to promote and support positive health and wellbeing

<https://www.kaleidoscopeplus.org.uk/self-help-tool.php>

Chat to us via telephone, online through our website or directly through Facebook and a member of our team will be with you as soon as possible to talk

Call 0800 059 0123 Monday-Sunday between 5pm & 9pm

Messenger: Monday-Friday: 9am-8pm & Saturday-Sunday: 5pm-8pm

Children's Emotional Health & Mental Health Support

<https://www.blackcountryminds.com/about-your-camhs/who-are-we-sandwell/>

Sandwell CAMHS is a specialist mental health service commissioned to provide interventions to those children, young people and their families who are experiencing/most vulnerable to mental health problems and present with concerns that are severe and/or complex in nature. We support young people aged between 5-18 years of age with a GP registered in the Sandwell area.

We also offer the Sandwell Child and Adolescent Mental Health Service (CAMHS) Crisis Intervention and Home Treatment Team (CIHTT) aims to provide a timely and effective service for children, young people and their families/carers who present in a mental health crisis.

We offer a specialist CIHTT service 8am – 8pm 7 days a week, 365 days a year.

The team can be accessed via the **CAMHS Single Point of Access on 0121 612 6620 9am – 5pm Monday to Friday** or via the team mobile on **07816075218 5pm – 8pm and at weekends**.

Kooth

Free anonymous, confidential, safe, online wellbeing service offering professional support, information & forums for young people. For more information go to kooth.com

COVID Family Support

Hopeline

Hopeline is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included)

Childline

When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. You can speak to a counsellor by calling 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.

Bereavement

Unfortunately, some of us may lose someone through coronavirus. There are many organisations who can help.

Cruse Bereavement Care has online resources to support you and your family during this distressing time. This includes how this pandemic may affect bereavement and grief. They offer a free helpline: 0808 808 1677

Black Country NHS Mental Health Support 24/7

Our new mental health support phone line is operating 24 hours a day, seven days a week and is available to Black Country residents of all ages. Call 0800 008 6516

If you are experiencing increased distress or anxiety during these uncertain times, please don't suffer in silence, 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. You can also access free online CBT via our SilverCloud platform.

<https://www.blackcountryhealthcare.nhs.uk/contact-us/help-crisis>

Black Country Women's Aid

0121 552 6448 (24/7 Helpline)

07384 466181 (Text or WhatsApp 9am – 9pm)