

Organisations and services in Sandwell who can support you

If you have suffered abuse or harassment, even if this was a long time ago, there are many charities and organisations throughout Sandwell who can help you.

Domestic Abuse

Black Country Women's Aid (BCWA)

Black Country Women's Aid provide a range of services and support to men and women experiencing domestic abuse. They provide a full range of services including access to emergency accommodation, access to legal advice, court support, counselling, rape and sexual violence services.

Telephone: **0121 553 0090** 24-Hour Helpline: **0121 552 6448**

Hate Crime

Remedi

Remedi's Hate Crime Victim Service provides emotional and practical support in addition to other assistance to anyone who has been the victim of a hate crime in Sandwell.

Email: Hatecrimevictimservice@remediuk.org

Modern Slavery

UK Modern Slavery Helpline

The UK Modern Slavery Helpline work with individuals, communities, business, governments, other charities and statutory agencies to stamp out slavery for good. They can also help survivors of trafficking and modern slavery access support services.

Telephone: **08000 121 700**

Sexual Abuse

Black Country Women's Aid (BCWA)

Support is available from an independent sexual violence advisor (ISVA). An ISVA will support adult men and women who have been a victim of sexual abuse or assault whether recent or historic. BCWA also have a Children's ISVA who can work with young people under the age of 18 and also offer therapeutic support in the form of counselling for survivors of sexual abuse and assault.

Telephone: **0121 553 0090**

Ask Marc

Ask Marc is a specialist support service for men and boys who have experienced domestic abuse, rape and sexual abuse.

Telephone: **0121 289 6402** Email: info@askmarc.co.uk

Sexual Assault Referral Centres (SARCs)

SARCs provide a specialist service for women, men and children who have been a victim of a rape or sexual assault. They will complete a medical examination and collect evidence that can be used if a victim decides to progress with a criminal case against their abuser.

There are two SARCs that can be accessed by Sandwell residents:

- An Adult SARC for victims of rape or sexual assault age 18 and over based in Birmingham (contact the 24/7 Self-referral line **0808 168 5698**), and
- A Children's and Young People's (aged 18 and under) SARC for victims of rape or sexual assault based in Walsall (Contact **0808 196 2340** to speak to a Pathway and Support Service Co-ordinator).

Birmingham LGBT Centre

Birmingham LGBT Centre can also provide a range of support services for LGBT victims including those who have been victims of sexual assault and abuse.

Telephone: **0121 643 0821**

Mental Health/Other Support

Sandwell Health Minds

Sandwell Healthy Minds offer psychological therapy services for people experiencing mental health problems such as low mood, depression, anxiety and stress. If you are 16 or over and registered with a GP in Sandwell, find out how Sandwell Healthy Minds can help you:

Telephone: **0303 033 9903** Email: bcpft.sandwellhealthyminds@nhs.net

Black Country Mental Health Helpline

The helpline is manned by specialist mental health staff who will provide advice and support and can signpost to other mental health services if required.

Please do not think you are alone – it is ok to not be ok, and if you aren't, then please do pick up the phone and speak to someone.

Telephone: NHS 111, Option 2

Sandwell African Caribbean Mental Health Foundation

Sandwell African Caribbean Mental Health Foundation provide a number of culturally responsive services to help improve mental health outcomes for black African and Caribbean people, their families and the wider community.

Telephone: **0121 525 1629** Email: info@sacmhf.co.uk

Papyrus (Crisis Line)

Papyrus provide confidential suicide prevention advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the HOPELINEUK helpline which is open 9am – 12am (midnight) every day of the year.

Telephone: **0800 068 4141** (Hopeline UK 9am – Midnight)

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland through their telephone helpline.

Telephone: **116 123** Email: jo@samaritans.org

Kaleidoscope Plus

Kaleidoscope Plus provide crucial mental health services to the community in Sandwell, wherever they are needed. This includes Suicide Bereavement Support, Sanctuary Hub, Counselling Support, and Residential Care.

Telephone: **0121 565 5605** Telephone: **0800 059 0123** (Talk2Us helpline, Mon -Sun 5pm to 9pm)

Address: 321 High Street, West Bromwich, West Midlands, B70 8LU

Cruse Bereavement Support

Cruse Bereavement Support are the United Kingdom's largest bereavement charity, which provide free care and bereavement counselling to people suffering from grief.

Telephone: **0808 808 1677** (Helpline, Monday – Friday 9.30am – 5pm)

Tough Enough To Care (Local Men's support group)

Tough Enough To Care provide support to anyone affected by male mental health issues. This can include male peer to peer support groups where life experiences, troubles and success stories are shared.

Telephone: **07398 933 134**

Victim Support

Victim Support is an independent charity which aims to help people rebuild their lives after a crime. Confidential support is offered via a number of support services included emotional and practical help, advocacy, peer support and group work, restorative justice and help in navigating the criminal justice system.

Telephone: **0300 303 1977** (Lines are open 8am-8pm Monday to Friday, and 9am-5pm Saturday to Sunday)

Out of Hours Telephone Support: **08 08 16 89 111**

Survivors of Bereavement by Suicide (SOBS)

SOBS offer a range of support services for adults over 18 who have affected by suicide. The services can be accessed as often and as long as needed.

Telephone: **0300 111 5065** (National Helpline, Mon to Sun 9am – 9pm)

Kooth

Kooth is a web based confidential support service available to all young people in Sandwell ages 11-18 years (or up to 25 years for care leavers/SEN). Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Support can be accessed through moderated discussion boards, live forums, articles and counselling service. There are also lots of activities that young people can access to support their wellbeing.

Website: www.kooth.com

Murray Hall

Murray Hall offer Creative Therapeutic Services for children and young people in need of support using a range of Creative Therapeutic Services (CTS) inclusive of traditional intervention types such as Psychotherapy, Art, Music, Dance and Drama therapy, Hypnotherapy and Counselling. CTS will offer a range of interventions which are structured upon each beneficiaries' requirements to formulate change. Additional interventions shall encompass; mindfulness, CBT, play and arts based interventions.

Telephone: **01902 826306 / 01902 826308** Email: cts@murrayhall.co.uk