

Good Neighbours scheme:

Email: **SCVO kim@scvo.info**

Giving details of the name, address and postcode of the resident who needs support.

Council Helpline:

Tel: **0121 569 2266**

For example through a food parcel or a short-term package of care.

Community Offer:

Tel: **0121 726 3983**

Email: **ifa1996.community_offer@nhs.net**

Sandwell Together Befriending Service:

Tel: SCVO on **0121 517 0475**

Email: **support@scvo.info**

NHS Volunteer Responders referrer's portal:

Website: **<https://www.goodsamapp.org/NHSreferral>**

Tel: **0808 196 3382** to make a referral

Register as Extremely Vulnerable Patient:

Website: **<https://www.gov.uk/coronavirus-extremely-vulnerable>**

Register as a Volunteer:

Website: **<https://www.goodsamapp.org/NHS>**

ICARES:

Tel: **0121 507 2664**

SANDWELL Healthy Minds:

Website: **<https://www.sandwellhealthyminds.nhs.uk/>**

Tel: **0303 033 9903**

Wolverhampton Healthy Minds:

Website: **www.wolverhamptonhealthyminds.nhs.uk**

Tel: **0800 923 0222 / 01902 441856**

Dudley Talking Therapies:

Website: **www.dwmh.nhs.uk/dudley-talking-therapyservice**

Tel: **0800 953 0404**

Walsall Talking Therapies:

Website: www.dwmh.nhs.uk/walsall-talkingtherapies-service

Tel: 0800 953 0995

People can also access online cognitive behaviour therapy (CBT) programmes:

Sandwell and Wolverhampton - www.bcpft.silvercloudhealth.com/signup

Walsall - www.walsalltalkingtherapy.silvercloudhealth.com/signup

Dudley - www.dudleytalkingtherapy.silvercloudhealth.com/signup

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

Tel: 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

Every Mind Matters:

Website: <https://www.nhs.uk/oneyou/every-mind-matters/>

SANDWELL BEAM 5 – 18-year olds and up to 25 if you're a care leaver:

Email: askbeam@childrenssociety.org.uk

Website: childrenssociety.org.uk/beam/Sandwell

Samaritans:

Tel: 116 123

Crisis Team:

Tel: 0121 543 4100

Phlebotomy:

Tel: 0121 507 6104

Radiology:

Non Covid and Covid patients.

Tel: 0121 507 4716

SANDWELL Assist:

Email: sandwell_enquiry@sandwell.gov.uk

Tel: 0121 569 2266

Marie Stopes:

Tel: 0345 300 8090

BPAS:

Tel: 03457 30 40 30

Welfare Rights:

Email: welfarerights_team@sandwell.gov.uk

Tel: 0121 569 3158

Website: <https://www.sandwell.gov.uk/welfarerights>

Gov.uk link for assistance:

Website: <https://www.gov.uk/coronavirus-extremely-vulnerable>

Black Country Women's Aid:

Tel: 0121 550 0090 and ask for Chloe Best or Ellie Chew

Email: iris.referrals@nhs.net

Cranstoun Drug and Alcohol:

Tel: 0121 553 1333

Minor Eye Care:

Website: <http://primaryeyecare.co.uk/>

Email: info@primaryeyecare.co.uk

NHS Choices – Dentist:

Website: <https://www.nhs.uk/service-search/find-a-dentist>

Sandwell Dementia Patient and Carer Support:

Dementia Navigator services via self-referral or GP referral

Tel: 0121 553 6483 option 6

Website: <https://dementiaroadmap.info/sandwell>

Sandwell Dementia GP Support:

Email: bchft.adviceandguidance@nhs.net

SPOR:

Tel: 0121 543 4100 9am – 5pm

Tel: 0121 543 4100 Out of Hours

Healthy Sandwell – Self Isolation:

Website: <https://www.healthysandwell.co.uk/self-isolation/>