



## Head 4 Health

# Local Support Services



### **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15-35.  
Website: [www.thecalmzone.net](http://www.thecalmzone.net)



### **Mind**

Wide range of services related to mental health.  
Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)  
Website: [www.mind.org.uk](http://www.mind.org.uk)



### **Rethink Mental Illness**

Support and advice for people living with mental illness.  
Phone: 0300 5000 927 (Mon-Fri, 10am-2pm)  
Website: [www.rethink.org](http://www.rethink.org)



### **NHS 111 Service**

Dial 111 when you need medical help but it's less urgent than 999.  
The NHS 111 service is staffed by a team of fully trained advisers, supported by experienced nurses and paramedics.



### **Samaritans**

Confidential support for people experiencing feelings of distress or despair.  
Phone: 116 123 (Freephone - 24-hour helpline)  
Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)



### **NHS Wolverhampton Healthy Minds**

Psychological therapies service for people experience mental health problems.  
Tel: 0800 923 0222 / 01902 441 856  
(9am - 4.30pm Monday to Friday)  
Website: [www.wolverhamptonhealthyminds.nhs.uk/](http://www.wolverhamptonhealthyminds.nhs.uk/)  
Email: [bcpft.wolverhamptonhealthyminds@nhs.net](mailto:bcpft.wolverhamptonhealthyminds@nhs.net)



### **Recovery Near You**

Offering information, advice and guidance about drug and alcohol abuse.  
Tel: 0300 200 2400  
(9am – 5.00pm Monday to Friday)  
Website: [www.recoverynearyou.org.uk/site/](http://www.recoverynearyou.org.uk/site/)



### **Service User Involvement Team**

Improving the experience of recovering from substance misuse  
Tel: 01902 328983  
(9am- 5.00pm Monday to Friday)  
Website: [www.suiteam.com](http://www.suiteam.com)  
Email: [ccole@wolverhamptonvsc.org.uk](mailto:ccole@wolverhamptonvsc.org.uk)



### **Starfish**

Community based mental health preventative service.  
Tel: 07949 290036  
Website: [www.thesocialhub.org.uk](http://www.thesocialhub.org.uk)  
Email: [info@thesocialhub.org.uk](mailto:info@thesocialhub.org.uk)



### **Mind at Work**

Helping those suffering from mental health issues get into work.  
Tel: 07881 358679  
Website: [karen.sahota@wolverhampton.gov.uk](mailto:karen.sahota@wolverhampton.gov.uk)  
Email: [www.wolverhampton.gov.uk/jobs](http://www.wolverhampton.gov.uk/jobs)



### **P3**

Wolverhampton Housing and Homeless service.  
Tel: 01902 427017 / 0800 107 6753  
Website: [www.p3charity.org/wolvesFS](http://www.p3charity.org/wolvesFS)  
Email: [sam.bailey@p3charity.org](mailto:sam.bailey@p3charity.org)