

Mental Health Services Directory



Below is a list of some support that can be accessed both nationally and locally. If you require any further information or guidance, please contact your child's school:

Service	Support Offered	Who can access this?	Contact Details
Hub of Hope	Services directory for specific mental health issues	Anyone	https://hubofhope.co.uk/
Samaritans	Mental health helpline, web chat or email. Accessible 24 hours, 365 days	Anyone	https://www.samaritans.org/how-we-can-help/contact-samaritan/
Mind	Guidance and information regarding support	Anyone	https://www.mind.org.uk/information-support/guides-to-support-and-services/
South Staffordshire Urgent Mental Health Helpline	Mental health helpline	Residents of Staffordshire under the age of 18	0808 196 3002 mhsi.staffordshire@mpft.nhs.uk
NHS Sandbox	Online mental health support	Residents of Staffordshire under the age of 18	https://thesandbox.mindler.co.uk/awell-sign-up
WYSA	Mental health support app	School students in Wolverhampton	https://www.blackcountryhealthcare.nhs.uk/our-services/child-and-adolescent-mental-health-services-camhs/wysa-app-text-only-flyer
Base 25	Counselling and therapeutic services	Young people under the age of 25 in Wolverhampton and surrounding areas	https://base25.org/
Staffordshire Adult Mental Health Services	Mental health support	Staffordshire residents aged 16+	https://www.mpft.nhs.uk/services/mental-health-community-services access.staffordshire@mpft.nhs.uk 0808 196 3002
Wolverhampton Mental Health Liaison Service	Mental health support helpline accessible 24 hours, 365 days	Residents of Wolverhampton	01902307999
Shropshire Mental Health Support	Mental health helpline, accessible 24 hours, 365 days	Residents of Shropshire	https://www.shropshiremhs.com/telephone-support 0808 196 4501

Schools are also equipped to support with low-level issues via their Pastoral Teams. Contact your child's school if you feel that they would benefit from accessing this support.

If you have immediate concerns about your own welfare, or that of someone else, call 999 without delay.