

# 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](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](https://www.sandwell.gov.uk/info/200347/resilient_residents)

## **Foodbanks**

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

Telephone: 01384 671250 Email: [admin@blackcountryfoodbank.org.uk](mailto:admin@blackcountryfoodbank.org.uk)

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

RESTORE, Transformation Church, 1 Station Road, Rowley Regis West Midlands B65 0LI

Opening Hours: Wednesday 11:30 - 13:00

HOLY TRINITY CHURCH – OLD HILL, Halesowen Road, Cradley Heath B64 6JA

Opening Hours: Monday 10:00 - 12:00

COMMUNITY LINK, 72 High Street, Cradley Heath, B64 5HA

Opening Hours: Thursday 13:00 - 15:00

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

## **Emergency Food Parcel**

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

## **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

# COVID Family Support

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

Text 07860 065 168

Webchat [www.rethink.org/blackcountryhelpline](http://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

## **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)