**Information and therapy services for young people in Dudley**



**If you are worried that a young person is at immediate risk of harm, or is not safe, call 999 or go to A&E.**

* Black Country Healthcare NHS Foundation Trust

0800 008 6516

Help is available 24 hours a day, 7 days a week.
Calls to NHS urgent mental health helplines are free.

* [PAPYRUS’s suicide prevention helpline, HOPELINE247.
Lines are open 24 hours every day of the year (Weekends and Bank Holidays included)
For children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking about suicide.](https://www.papyrus-uk.org/papyrus-hopelineuk/)
* [Shout text line; Providing support for anyone struggling to cope, 24/7](https://www.giveusashout.org/)
* [Young Minds Urgent Help](https://youngminds.org.uk/find-help/get-urgent-help/)
* [If you are a bereaved young person, experiencing a crisis, the Winston’s Wish Crisis Messenger text service offers free, 24/7 support.](https://www.winstonswish.org/crisis-messenger/)

**There is so much information available out there, but it’s not always easy to know where to find it.**

It’s so important that you speak to someone if you are worried about your own or someone else’s mental health. Parents, Carers, Teachers and Pastoral teams can all help. Young people are also able to independently access support from their GP and Practice Nurse.

* Every school in Dudley has a named School Nurse who is there to offer you advice, help and support. If you don’t know who your School Nurse is, you can contact the School Nurse Main Office on 01384 408990 and ask them for their name and contact details.

01384 408990 – School Nurse Main Office

* Young People aged 11-18, who live in Dudley or attend a school/college in Dudley, have access to KOOTH, an online service specifically designed to support young people’s mental wellbeing.
* Wysa is a mental health app that Black Country Health NHS Foundation Trust has commissioned to give you a safe, anonymous, and nonjudgmental space where you can talk about anything and everything that’s bothering you. You’ll get full access to all of Wysa’s self-help tool packs free for 12 months from when you download it.

To access Wysa Digital Premium, please click the web link from your smartphone. If you are asked to input a code, please use BCDU2023.
**Please note – Wysa Premium cannot be accessed via a computer but smartphone only.**

* [Here 4 Youth](https://cranstoun.org/help-and-advice/young-people/here4youth-dudley/) - Here in Dudley there is a service called Cranstoun Here4YOUth, specifically designed to support young people to be healthy, safe and happy. Visit their Social Media
* The What? Centre is a Young Person’s Advice and Counselling Service with bases in Stourbridge (main base) and Dudley.
* [Dudley Talking Therapy Service](https://www.dihc.nhs.uk/find-a-service/dudley-talking-therapy-service)

Dudley Talking Therapy Service supports individuals aged 16 or over (school leavers and adults) who are experiencing common mental health problems; such as anxiety, depression, low mood, panic or phobias. The service accepts self-referrals.

The links in the next section of the site are to websites specifically designed for young people, and will hopefully provide you with the information you want, in a language you understand.

**Exam Stress**

It is normal to feel a bit worried about exams. Be kind to yourself and make sure that when you’re thinking about how to use your time before exams, you factor in time to look after yourself, you deserve it!

If you are worried that exam pressure is taking over your life, you are not alone, and there are things you can do. Let your trusted friends and family know if you are struggling and don’t be afraid to ask for help.

The young minds website has some helpful information to support you.

**Mental Health help, support and information.**

**Each of these sites has a search tool to help you find more specific information e.g. gender, anxiety, etc.**

* [Young minds – From practical advice to helping you find support](https://www.youngminds.org.uk/young-person/)
* [Childline – Help and advice about a wide range of issues](https://www.childline.org.uk/)
* [Anna Freud- On my Mind. Pages co-produced by young people to help other young people](https://www.annafreud.org/on-my-mind/)
* [The Mix. Whether you’re 13, 25, or any age in between](https://www.themix.org.uk/mental-health)
* [Better Health Every Mind Matters (NHS)](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/)