

Useful Information

www.mhm.org.uk
www.sssft.nhs.uk
www.ntw.nhs.uk/pic/selfhelp/
www.getselfhelp.co.uk
www.staffordshirecares.info
www.staffordshirementalhealth.info
www.bit.do/ssnmh

You may also explore these interactive web-based learning programmes:

www.moodgym.anu.edu.au
www.livinglifetothefull.com

Staffordshire Mental Health Helpline

Call: 0808 800 2234
Text: 07860 022821

7pm-2am weekdays
2pm-2am weekends

Samaritans

Call: 116 123 (24/7 365 days a year)

Urgent help

Please note this is not an emergency service. If you require urgent help, please contact your GP or your out of hours GP service. Alternatively, you can contact the Crisis Team on **0300 5555 001** selecting option 2.

Please get in touch

You're not alone.

At least 1 in 4 people experience a mental health issue at some point in their lives.

To find out more about free, confidential help within Seisdon:

Telephone: 01785 783031
E-mail: SeisdonWellbeingTeam@sssft.nhs.uk



@sssftSwellbeing



@sssftSwellbeing

Seisdon Wellbeing Team
South Staffordshire Council Offices
2nd Floor
Wolverhampton Road
Codsall
Wolverhampton
WV8 1PX

South Staffordshire and Shropshire Healthcare
NHS Foundation Trust
A Keele University Teaching Trust

Self Referral Leaflet

Seisdon Wellbeing Team

Seisdon

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