



Rethink
Mental
Illness.



Black Country Healthcare
NHS Foundation Trust

Sanctuary Hubs

Feeling lonely, overwhelmed or that things are too much for right now? **The Sanctuary Hubs are here for you.**

The Hubs are open for you to drop-in every **Monday - Friday 6.00pm to 11.00pm** and **Saturday and Sunday 12(noon) to 11.00pm**. If you can't visit a Sanctuary Hub you can self-refer or be referred with your consent by contacting the Black Country 24/7 Helpline by phone or text.

**Dudley
Sanctuary Hub**

DY1 Community Centre, Stafford Street
Dudley, DY1 1SA

**Sandwell
Sanctuary Hub**

Hope Place, 321 High Street
West Bromwich, B70 8LU

**Walsall
Sanctuary Hub**

1 Queen's Parade, Bloxwich
Walsall, WS3 2EX

**Wolverhampton
Sanctuary Hub**

Base 25, 29-31 Temple Street,
Wolverhampton, WV2 4AN

If you need urgent help with your mental health or you are struggling to cope, the Black Country 24/7 helpline is here to help you.

Contact the helpline on 0800 008 6516

or text 07860 025 281



Sanctuary
basics

