

List of providers to offer support:

Parent Support			
Agency	Address	Website	Telephone
BEAM: drop in counselling	The Cafe (ground floor)	https://www.childrenssociety.org.uk/beam/sandwell	
	Central Sixth College		
	New Square		
	New Street		
	West Brom		
	B70 7PG		
Black Country Womens Aid	1st Floor Landchard House,	https://blackcountrywomensaid.co.uk/	0121 553 0090
	Victoria Street		
	West Bromwich,		
	B70 8HY		
Murray Hall	24 Ridgeway Rd, Tipton DY4 0TB	https://www.murrayhall.co.uk/what-we-do/counselling-creative-therapeutic-support/	
Counselling & Creative Therapeutic support (5-29 years)			
Kaleidoscopeplus		https://www.kaleidoscopeplus.org.uk/	
Self-help tool box		https://www.kaleidoscopeplus.org.uk/self-help-toolbox/	
Kooth	online	https://www.kooth.com/	
Counselling support			
Shout	Text service	https://www.giveusashout.org/	85258
Counselling support			
Sandwell Young Carers	44 Bratt St, West Bromwich B70 8SB	https://www.sandwellyc.com/	0121 525 7667
Police		https://www.police.uk/	999 / 101
Non – Emergency Medical Helpline –		https://111.nhs.uk/	111
Childline		https://www.childline.org.uk/	0800 1111 (free number)
Samaritans		https://www.samaritans.org/	116 123 (free number)
Family line		https://www.family-action.org.uk/	0808 802 6666 / 07537 404 282 (txt service)
Food Banks			

Salma Food bank	Unit 8, Ash Court, Crystal Drive Smethwick West Midlands B66 1QG	https://www.salma-foodbank.org	07767 164246
West Bromwich Community Church	23, Victoria Street West Bromwich B70 8EX	www.elimwestbrom.com/food-bank	0121 580 0068
Breaking Bread Food Bank	Walsall Street Wednesbury WS 10 9BY	www.breakingbreadfoodbank.co.uk	07936744177