

# **BLACK COUNTRY**

## **LOCAL MENTAL HEALTH SERVICES & COMMUNITY GROUPS**

### **MENTAL HEALTH SERVICES**



#### **Community Mental Health Services**

<https://www.blackcountryhealthcare.nhs.uk>  
**01922 607000**

#### **Black Country Mental Health**

<https://blackcountrymentalhealth.org.uk>  
**01384 442938**

#### **Rethink Mental Illness**

<https://www.rethink.org>  
**0800 008 6516**

### **COMMUNITY GROUPS**

#### **Andy's Mans Club**

<https://andysmanclub.co.uk>  
**info@andysmanclub.co.uk**

#### **Active Black Country**

<https://www.activeblackcountry.co.uk>  
**enquiries@activeblackcountry.co.uk**

#### **Better Mental Health**

<https://www.bettermentalhealthwolves.co.uk>  
**07881 358679**