

Appendix 14c: Sources of Help, Support and Information – for service users

Culturally-adapted Family Intervention (CaFi) for African and Caribbean people diagnosed with psychosis and their families

As participants will be drawing on their experiences, they will be in control of what and how much they wish to share. However, we appreciate that revisiting some aspects of these experiences may be emotional and potentially distressing. Some participants might also want further information about different aspects of mental health. We have therefore compiled this list of organisations in Birmingham, Solihull, Coventry and Warwickshire areas that can provide help, support and information.

Are you worried about your mental health or that of someone else?

If you, someone in your family or someone you care for have/has received, or are/is currently receiving, treatment for mental health problems, contact the **Care Coordinator** as soon as possible.

If you or the person you are worried about has not received treatment for mental health problems, contact a GP as first port of call.

You may also call the **free** NHS advice line (111), which is available 24 hours every day.

If you believe that you or someone is at risk, call 999 immediately.

The research team would be happy to discuss these with you and provide help to access these services if necessary.

Coventry & Warwickshire Partnership NHS Trust Arden Mental Health Acute Team (AMHAT): 024 7693 2700

Birmingham & Solihull Mental Health NHS Foundation Trust: Out-of-hours you can contact their 24 hour switchboard on 0121 301 0000.

Sandwell African Caribbean Mental Health Foundation:

<http://www.sacmhf.co.uk/index.html>

Address: Kuumba Centre, Boulton Road, West Bromwich, West Midlands B70 6NW

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Phone: 0121 525 1629

Birmingham Mind: <https://birminghammind.org/>

Address: 17 Graham Street, Hockley, Birmingham B1 3JR

Phone: 0121 608 8001

Coventry & Warwickshire Mind: <https://cwmind.org.uk/>

Address: Wellington Gardens Windsor Street Coventry CV1 3BT

Phone: 024 7655 2847

Phoenix Day Centre: <https://www.bsmhft.nhs.uk/>

Address: Harrison Rd, Erdington, Birmingham, B24 9AB

Phone: 0121 685 6801

Samaritans Solihull: <https://www.samaritans.org/branches/samaritans-solihull>

Address: Station Approach, Solihull, West Midlands, B91 1LE

Phone: 0121 704 2255

Samaritans Birmingham: <https://www.samaritans.org/branches/birmingham-samaritans>

Address: 13 Bow Street, Birmingham, West Midlands, B1 1DW

Phone: 0121 666 6644

Samaritans Coventry: <https://www.samaritans.org/branches/coventry/>

Address: 57 Moor Street, Earlsdon, Coventry CV5 6ER

Phone: 024 7667 8678 / 116 123 (free from any phone)

Solihull Mind: <http://www.solihullmind.org.uk/>

Address: 14-16 Faulkner Road, Solihull, B92 8SY

Phone: 0121 742 4941/743 4237

Rethink Mental Illness: <https://www.rethink.org/services-groups/search?r=4751>

Address: Multiple

Phone: 0300 5000 927

Sources of Help, Support and Information – for relatives, carers, advocates and Family Support Members

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Rethink Mental Illness: <https://www.rethink.org/services-groups/search?r=4751>

Address: Multiple

Phone: 0300 5000 927

African Caribbean Community Initiative (ACCI): <http://www.acci.org.uk/>

Address: 217 Waterloo Terrace, Newhampton Road East, Whitmore Reans, Wolverhampton, West Midlands

Phone: 01902 571 230

The Meriden Family Programme:

<https://www.meridenfamilyprogramme.com/>

Address: Queensbridge Road, Moseley, B13 8QY United Kingdom

Phone: 0121 301 2896

YoungMinds Parent Helpline: <https://youngminds.org.uk/contact-us/>

Address: N/A

Phone: 0808 802 5544

Sane: <http://www.sane.org.uk/>

Address: SANE, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ

Phone: 0300 304 7000

Carers UK: <https://www.carersuk.org/>

Address: 20 Great Dover Street, London SE1 4LX

Phone: 020 7378 4999

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Coventry City Council: <http://www.coventry.gov.uk/carers>

Birmingham City Council: <https://www.birmingham.gov.uk/supportforcarers>

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