

Help and Support

How are you today?

Not feeling yourself? Or feeling like you want or need some support? Maybe have suffered a loss, or are supporting someone going through a hard time? Please see below potential sources of help i.e. websites, phone numbers, social media channels and support networks that may be able to offer you assistance.

Samaritans

Free and Confidential support for people experiencing feelings of distress or despair.
Phone: 116 123 (free 24-hour helpline from any phone)

Website: www.samaritans.org.uk

Email: Jo@samaritans.org

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon to Fri, 9am to 6pm)

Website: www.mind.org.uk

Citizens Advice

Offers free advice for a number of situations

Website: <https://www.citizensadvice.org.uk/>

Phone: Adviceline: [03444 111 444](tel:03444111444), Text relay: [03444 111 445](tel:03444111445)

The local offices to Wombourne are:

- [**Citizens Advice Staffordshire South West \(Wombourne\)**](#)
0.81 miles
Civic Centre Gravel Hill, WOMBOURNE, Staffordshire, WV5 9HA
- [**Dudley Citizens Advice**](#)
4.77 miles
Dudley House Stone Street, DUDLEY, West Midlands, DY1 1NP
- [**Wolverhampton District \(City Centre\) Citizens Advice**](#)
4.93 miles
26 Snow Hill, WOLVERHAMPTON, West Midlands, WV2 4AD

NHS Helplines:

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Male Mental Health Support Networks

<http://toughenoughtocare.help/>

<https://www.facebook.com/ToughEnoughToCare/>

<http://andysmanclub.co.uk/>
<https://www.facebook.com/andysmanclub/>

Female Mental Health Support Networks

<https://www.womenshealth.gov/mental-health>

Crisis

We are the national charity for homeless people. We help people directly out of homelessness and campaign for the changes needed to solve it altogether.

<https://www.crisis.org.uk/>

Good Shepherd Ministry Wolverhampton

Assist men, women and children gain freedom from homelessness, poverty, rejection and isolation.

<https://www.gsmwolverhampton.org.uk/>

Spiritual Help and Support

<https://www.lichfield.anglican.org/>

<https://www.churchofengland.org/>

<https://www.facebook.com/MINDFULCHRISTIANITYTODAY/>

<https://live.life.church/>

<https://everyday.org.uk/online/>

Prayer

If you would like us to pray for you or someone you know, please email us at: stbenedictbiscopprayerchain@gmail.com and we will gladly add them to the prayer chain.

If you would like to light a candle in remembrance of someone or to think of someone going through a difficult time, our church is open daily from 9am till 6pm. There are also a number of prayer cards available by the candle stand, if you are unsure of what to say, how to pray, or struggle to find the words yourself.

The below websites have some good ideas and support on Prayer

<https://www.churchofengland.org/journeying-with-god/learning-pray>

<https://www.lichfield.anglican.org/prayer/>

Would you like to talk to someone from our church in confidence?

Please contact the parish office to arrange this by phone: 01902 897700 or by email: office@stbenedictbiscop.org.uk. Please leave a message on the answerphone out of hours and someone will get back to you when the office is next open. Alternatively, we can be contacted out of hours by messaging our Facebook page: <https://www.facebook.com/stbenedictschurchwombourne/>

Should you wish further spiritual advice please contact the Rector Paul Brown, via the Parish Office, or call directly on 01902 892234.

There are many people in our congregation who are willing to listen with a friendly and non-judgemental ear, whether that is during a crisis or support afterwards, there is always someone willing to listen and spend time supporting you – please contact us..