

Mental health emergency

- call 999 or go to A&E now if someone's life is at risk
- call your GP, 111 or use the [NHS 111 online service](#) if you need urgent help but it's not life-threatening

[Find out more about getting urgent help for mental health.](#)

Support services

Find out more about [mental health and wellbeing support](#) in Walsall.

There are lots of support services that will help improve your mental health and wellbeing:

- [Walsall Talking Therapies](#) can help if you're:
 - aged 17 or over
 - have symptoms of depression and anxiety
- [NHS Every Mind Matters](#) gives you a free mind plan with tips and advice
- [The Samaritans](#) can help with mental health and emotional support
- [Rethink](#) has lots of information and advice about mental health