

support



connect

**Support Connect is a Free Phone helpline** offering support to **African and Caribbean people** with mental health issues across the West Midlands during the Covid-19 pandemic

**Feeling sad or lonely?  
Need someone to talk to?**

**CALL SUPPORT CONNECT  
SANDWELL AND  
BIRMINGHAM ON:**

**0800 118 4058**

**OPENING HOURS**

**WEDNESDAY AND THURSDAY  
3pm-5pm**

ALL CALLS TO THE HELPLINE ARE **FREE OF CHARGE**  
Support Connect treats all calls confidentially

For further support check out our online  
directory of services:

[www.catalyst-supportconnect.freshdesk.com/support](http://www.catalyst-supportconnect.freshdesk.com/support)

*“We are here for you  
You are not alone”*

Funders



Partners

