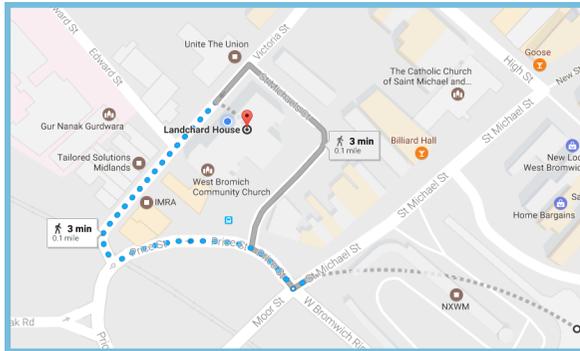


Where to find Black Country Women's Aid:

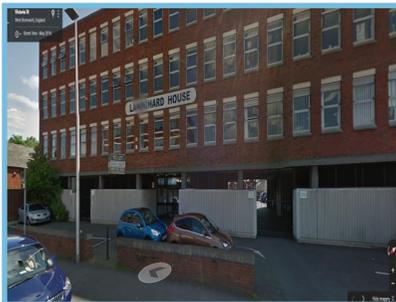
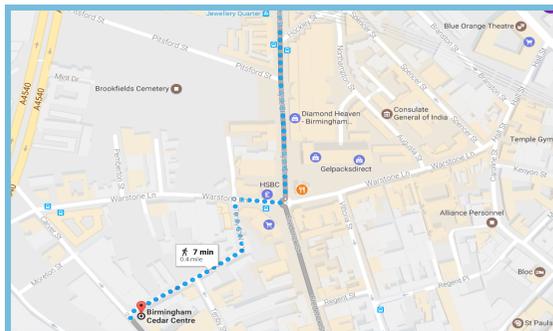


Address:
Landchard House,
Victoria Street, West
Bromwich, B70 8HY

Tel:
0121 553 0090

Black Country Women's Aid is located within Landchard House, the picture below is of how it looks from the street. Go through the double doors, and our centre is located on the second floor— follow the signs.

Appointments or groups may also take place at the Cedar Centre Birmingham, located in the Jewellery Quarter.



Landchard House



Cedar Centre Birmingham



Assessment

Support

Signposting

Intervention

Safeguarding

Trauma

anawim
women working together

Birmingham and Solihull
Mental Health NHS Foundation Trust



**Black Country
Women's Aid**
see listen, see support, see care

Who is ASSIST for?

We can support you if you have experienced the following difficulties

- You have survived abuse or are experiencing abuse
- You have difficulties coping with your mental health
- You struggle to make or maintain relationships
- You have used alcohol or drugs as a coping mechanism
- You are homeless, at risk of being homeless or have been homeless recently
- You have experienced being detained in hospital or prison
- You have found it difficult to engage with other services or had lots of contact with lots of different services
- You have sought help from services frequently when in emotional crisis e.g. A&E, calling 999
- You are experiencing/have experienced child protection issues



Who are we?

ASSIST is a partnership project between Birmingham and Solihull Mental Health Foundation Trust, Anawim women's centre and Black Country Women's Aid.

If we think ASSIST can support you, you will be allocated to a caseworker at either Anawim (based in Birmingham) or Black Country Women's Aid (based across in Sandwell) depending on where you live.

How can we help?

- We can support you to ...
 - Feel more in control with your mental health
 - Achieve goals that you want to aim for
 - Manage your emotions
 - Develop coping skills
 - Develop your feeling of empowerment
 - Develop meaningful relationships with others

