

## Services - Dudley

### Stop Smoking

- **Provider:** Solutions 4 Health, commissioned by Dudley Council  
**Website:** <https://lets-get.com/healthy-lifestyles/stop-smoking/quit-for-covid/>  
**Tel:** 01384 732402
- **Maternity Services**

### Under 18s

- **Provider:** Here 4 Youth (Cranstoun)  
**Website:** <https://www.cranstoun.org/services/young-people/here4youth-dudley/>  
**Tel:** 01384 241440

### Weight Management

- **Provider:** ShapeUp4Life - online support only  
**Website:** <https://shapeup-4life.com>

**Healthy Eating website:** <https://lets-get.com/healthy-lifestyles/healthy-eating/>

### Physical Activity

- **Website:** <https://lets-get.com/healthy-lifestyles/move-more/>

### Addiction services

including alcohol, drugs and gambling

- **Provider:** Change, Grow, Live (at Atlantic House)  
**Website:** <https://www.changegrowlive.org/atlantic-recovery-centre-dudley/info>  
**Tel:** 01384 426120

### Under 18s

Services provided: drugs and alcohol, lonely or isolated, domestic abuse, wellbeing, stop smoking, sexual health, anger management, benefits and budgeting, employment skills, gambling

- **Provider:** Switch/Here4YOUth (Cranstoun)  
**Website:** <https://www.cranstoun.org/services/young-people/here4youth-dudley/>  
**Tel:** 020 8335 1830

## Sexual Health

- **Website:** [https://lets-get.com/healthy-lifestyles/sexual-health/sexual-health-services/Contraception & Sexual Health \(C&SH\)](https://lets-get.com/healthy-lifestyles/sexual-health/sexual-health-services/Contraception%20&%20Sexual%20Health%20(C%26SH))

**Website:** <http://www.dgft.nhs.uk/services-and-wards/sexual-health-community/>  
**Tel:** 01384 321480

GUM (Russells Hall Hospital)

**Website:** <http://www.dgft.nhs.uk/services-and-wards/genito-urinary-medicine/>  
**Tel:** 01384 456111 ext 3906

Brook (under 25s only)

**Website:** <https://legacy.brook.org.uk/find-a-service/regions/sandwell-and-dudley>  
**Tel:** 07810 701134

## HIV

- **Provider:** What? Centre BeeHIVE  
**Website:** <https://www.beehivewhatcentre.co.uk>  
**Tel:** 01384 885488 or 07523 340866  
**Email:** [beehive.whatcentre@gmail.com](mailto:beehive.whatcentre@gmail.com)

## Falls Prevention

- **Website:** <https://www.dudley.gov.uk/residents/care-and-health/adult-health-social-care/support-to-stay-independent/dudley-falls-prevention/>  
**Tel:** 0300 555 0055

## Winter Wellness

- **Website:** <https://www.dudley.gov.uk/winterwellbeing>  
**Tel:** 01384 817086

## Mental Health

- **Provider:** Dudley Public Health  
**Website:** <https://lets-get.com/healthy-lifestyles/mental-wellbeing/what-is-available-to-me-locally/>  
**Tel:** 01384 816437
- **Provider:** Mind  
**Website:** <https://www.dudleymind.org.uk>  
**Tel:** 01384 685060  
**Email:** [enquiries@dudleymind.org.uk](mailto:enquiries@dudleymind.org.uk)

## **Dementia**

Wellness Coaches

Support for healthier lifestyles, one-to-one support

- **Website:** <https://lets-get.com/healthy-lifestyles/wellness-coaches/>  
**Tel:** 01384 732402 or 0800 061 4962  
**Email:** letsget.healthydudley@nhs.net

## **Safeguarding Children**

- **Website:** <https://safeguarding.dudley.gov.uk/safeguarding/child/>  
**Tel:** 0300 555 0050 Out of Hours: 0300 555 8574

## **Safeguarding Adults**

- **Website:** <https://safeguarding.dudley.gov.uk/safeguarding/adults/>  
**Tel:** 0300 555 0055 Out of Hours: 0300 555 8574