

Are you feeling sad,
worried, stressed, can't
sleep, need someone to
help?

Birmingham Mind's
Wellbeing Service is
ready to assist you
Call us for a
confidential discussion
0121 262 3555



Contact Us

Office address: Birmingham Mind
Wellbeing Service, The Beechcroft
Centre 501 Slade Road, Erdington,
Birmingham B23 7JG

Landline: 0121 262 3555 

Fax: 0121 382 7190 

Email: wellbeing@birminghammind.org

Website: <http://birminghammind.org/>
Online referral form available here!

Follow us



Birmingham Mind's Vision

**Better Mental
Health for All**

Registered Charity No. 1003906

*Company Limited by Guarantee No.
2024372*

It is OK
to ask for help



Birmingham Mind
Wellbeing Service
0121 262 3555

 **mind** | Birmingham
for better mental health

Birmingham Mind Wellbeing Service

The Wellbeing Service can offer you a range of information and access to community services that support emotional wellbeing.



Is this service for me?

I am registered with a Birmingham GP?
YES/NO

I am 18 years old or over ? **YES/NO**

I am looking to improve my wellbeing? **YES/NO**

I am not currently accessing specialist mental health services, i.e CMHT? OR I am exiting specialist mental health services?
YES/NO

If you have answered **YES** to all of these questions our service may be able to offer you support.

A range of courses available including:

- Anxiety/Depression Management
- Mindfulness
- Building Self Esteem
- Emotional Resilience
- Relaxation

Call us
Mon-Fri 9-5

Our team will listen to you without judgement and offer advice and guidance on help available. We can offer a one to one appointment if you are unsure or need further information



We offer services to meet your needs

- ◆ Translation, interpreter and signing services available over the phone and throughout the duration of your access to the services.
- ◆ Support in accessing other support and services such as counselling, debt, advocacy, employment, housing, volunteering and health.
- ◆ We are flexible and can see you evenings and weekends by appointment.

Seeking help for your wellbeing can be a really important step towards getting and staying well, but it can be hard to know how to start or who to turn to.

When is it ok to seek help?

It's common to feel unsure about seeking support for your wellbeing, and to feel like you ought to wait until you can't handle things on your own. But it's always ok for you to seek help.

Some reasons why you might choose to seek help could include:

- Finding it difficult to cope with your thoughts and feelings.
- Thoughts and feelings that are having an impact on your day-to-day life.
- Wanting to find out about available support.

Referrals accepted from: Yourself, GPs, health professionals, community organisations, family and friends.

You can refer via our online application form, by phone or email.