

Designed around five key principles, our service is focussed on getting you the right support at the right time:

- 1 ACCESS**
- 2 PREVENTION**
- 3 EARLY INTERVENTION**
- 4 CHOICE**
- 5 JOINED UP CARE**

Our vision is for Birmingham to be the first city where mental health problems are not a barrier to children, young people and young adults achieving their dreams.

This service was launched on 1 April 2016 and is set to revolutionise mental health service for 0-25s*.

The service has been created in line with what you told us you want and need.



We are here to help you

Personal information which you supply to us may be used in a variety of ways. Further information on how we maintain the security of your information is available upon request.

WHERE THE RIGHT SUPPORT MATTERS

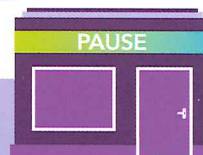
Through combining the services and expertise of our partners, and other support available in the city, we will offer you an innovative service that remains safe and caring.

The key benefits are around:

1 Access

There is no wrong door. We make it easy for you to contact us and we are accessible and responsive to your needs. We do this through our:

- Online referral portal, for self and third party referrals, including from GPs and schools
- 24/7 crisis support and dedicated Access Centre helpline for advice and referrals available Monday to Friday from 8am until 8pm and Saturday and Sunday from 10am until 3pm
- Online directory of services and support
- Pause city centre drop-in service for information, advice and support



2 Prevention

We will be raising the profile of mental health and challenging stigma in your community to help prevent problems from developing in the first place, offering:

- Free and easy access to advice and support, online and in the community
- Training and development of front line staff in the places you go to, such as schools and GPs, to support your wellbeing and identify problems as early as possible
- Support for community-based initiatives

3

Early intervention

Working with your local community we will promote good mental health and wellbeing. We will:

- Raise awareness of the key signs of mental health problems
- Give advice and information about recognising and responding to people at risk
- Give you the skills and tools to improve your emotional, cognitive, social and educational development
- Provide advice and support for parents

Choice

Based around your personal goals our clinical staff will support you to receive the right service, at the right time, in the right place.

- Discuss which services are best placed to help you or your child
- Consider any risks you may face
- Support you to make an informed choice about what you need and want
- Identify what you can do for yourself

5

Joined up care

Working with our partners we will make sure your care is joined up to help you get back on track as soon as we can. We have:

- Strong links with key partners from health to education, emergency services and children's services
- A comprehensive network of all voluntary and community support across Birmingham



SUPPORT NETWORK

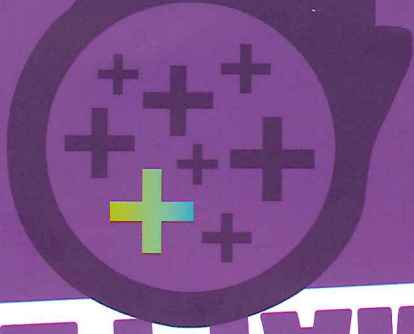
Our brand new mental health service has been designed with you in mind.

Mental health SUPPORT for 0-25 yr olds

WHERE

MINDS

MATTER



Our support includes:

- Community and home-based care
- Urgent and inpatient care services
- City centre drop-in service called Pause
- 24/7 telephone helpline
- Online support



You'll be able to reach us, any time of the day, any day of the week. We'll be by your side every step of the way, until you get back on track.

To find out more call

0300 300 0099 or visit

forwardthinkingbirmingham.org.uk

Working together for you

Birmingham Children's Hospital NHS Foundation Trust



NHS Foundation Trust

The Children's Society

beaconuk

GROUP OF COMPANIES



Worcestershire Health and Care NHS Trust

WHERE
KNOWING
WE ARE HERE
MATTERS

Forward Thinking Birmingham is the provider of mental health services for people up to the age of 25* in Birmingham.

Our new modern mental health service provides support, care and treatment for all 0-25s* through one organisation, making it easier for you to access the right support at the right time.

When you reach crisis point all you need is for someone to be there for you. Forward Thinking Birmingham will make a huge difference to the lives of so many others like me because they will get help and a choice of support much earlier. This couldn't come at a better time for Birmingham.

Ashley Wright

*People aged 0-35 with First Episode Psychosis can also be referred to this service.