

WHERE MENTAL WELLBEING MATTERS

At Forward Thinking Birmingham we offer a range of talking and motivational therapies to help you get back on track.

Our friendly team of wellbeing workers will support you through a treatment plan developed with your mental health needs in mind. Whether you're looking for a therapy that's more creative or culturally relevant to you, we can help you develop effective ways of managing your thoughts and emotions to help you feel better.

Therapies include:

- One-to-one counselling or support
- Cognitive Behavioural Therapy (CBT)
- Guided self-help
- Relaxation techniques
- Books on prescription
- Telephone counselling and support
- Culturally sensitive support
- Body-based therapies (including gentle gym, massage and walking for wellbeing)
- Online CBT therapy
- Creative therapies (including art, drumming, dramatherapy and dance music therapy)

WHERE TAKING THE FIRST STEPS MATTERS

Be seen quickly

With our talking therapies, there's no waiting around. Once we receive your referral, we'll be in touch within a few days to arrange your first appointment and aim to see you within two weeks!

Flexible appointments

We can see you at a range of sites across the city, including in the community and GP surgeries if you'd prefer. Appointments can also be arranged for evenings and weekends, with sessions available in a number of other languages if required.

How to access the service

Accessing our talking therapies is easy – just call our Access Centre on

0300 300 0099

where the team will talk you through the referral process.

Alternatively you can refer yourself using our online portal, which can be found online at:

forwardthinkingbirmingham.org.uk

If you don't feel confident referring yourself, you can ask a friend or family member to refer you using one of the methods above or you can visit your GP and ask to be referred to the Forward Thinking Birmingham talking therapies service.

About our service:

Forward Thinking Birmingham is the provider of mental health services for 0-25 year olds in Birmingham.

We provide support, care and treatment through one organisation, making it easier for you to access the right support at the right time.

We work with other partners to deliver some of our services to you. Our talking therapies are provided by the Birmingham Mental Health Consortium.

For more information, visit
[forwardthinkingbirmingham.org.uk/
talking-therapies](http://forwardthinkingbirmingham.org.uk/talking-therapies)

Working together for you

Birmingham Children's Hospital 
NHS Foundation Trust

The Children's Society

 beaconuk

 PRIORITY
GROUP OF COMPANIES

Worcestershire Health and Care 
NHS Trust

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.

FTB/10/16

Feeling stressed, low or anxious?
We are here to help.

TALKING
THERAPIES
for 14-25 yr olds

WHERE
TALKING
MATTERS

