

About us

Birmingham Mind is a registered charity established in 1962, providing a range of services that aim to support and enable individuals in their recovery from mental health difficulties.

The Association is affiliated to National Mind, who campaign for improved rights and services for people with mental health problems.

Birmingham Mind is committed to ensuring that its services are accessible and responsive to all members of Birmingham's diverse community.



Birmingham Mind's Purpose

"We will provide high quality services which range from those that support mental wellbeing and health promotion to those offering a specialist recovery based approach. We will challenge the stigma that surrounds mental distress."

Registered Charity No. 1003905
Company Limited by Guarantee No. 2024372

Contact Details

For more information, please feel free to contact us:



Telephone: 0121 359 1151

Email: info@birminghammind.org

Post: Birmingham Mind

Suite One

First Floor, Alma House

Newtown Shopping Centre

Aston

Birmingham B19 2SS

If you would like to download a copy of our referral form, or if you just want a bit more information about the services we provide at Birmingham Mind, have a look at our website:

birminghammind.org

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Home Support

Support from professionally trained staff for people who are experiencing mental health problems in the south of Birmingham



Our staff provide support to people to help them live as independently as possible - either in their own homes or properties managed by Birmingham Mind

What is Home Support?

Our Home Support Service provides assistance and support to adults who are experiencing ongoing mental health problems. We support people who are living in certain properties managed by Birmingham Mind and also people who are living in their own accommodation. The aim is that, with our help, people will be able to live as independently as possible.

As part of our service, staff can help service users both with everyday tasks associated with living independently, such as cooking, shopping and accessing services in the community, and with learning how to better manage their mental health problems. Staff are available to provide support between 9am and 9pm, 7 days a week, whenever our service users would like assistance.

Home Support should be seen as a real alternative to residential care, as service users can access support throughout the week while living in their own accommodation. Our service is also not time-limited in any way - people can use it for as long as they feel is necessary.

Where is it available?

We can provide support to people who are living in their own homes **all across the south of Birmingham** - please get in touch with us using the contact details on the back of this leaflet if you are unsure if you will fall inside this area.

We also offer our Home Support Service in some properties managed by Birmingham Mind. The two main locations of these properties are Grant Court in Cotteridge and Hasbury Court in Bartley Green. In these properties, and others that we manage, people will have their own flat with access to support from staff when they feel it is needed.

What support do we offer?

All of the support that we provide is completely designed around the individual. Every service user will have an allocated key worker who will work closely with them to design a person-centred support plan that is focused on their needs, aims and ambitions. This will then be regularly reviewed to ensure it continues to work in the best interests of the individual. This includes a formal review every six months.

Our main focus is to ensure that all of our service users are in control of their own lives and that all support helps them to improve their own situation however they see fit. The level of support given is determined by the service user, according to their individual needs.

The support which we provide can include:

- Help with essential routine tasks, such as cooking and shopping
- Support with accessing social or community facilities
- Ongoing support with medical services
- Advice for how best to manage mental health problems



What some of our service users think:

“Very happy with the support I receive. I see staff throughout the day and this helps me remain independent in my flat”

“I have found it different living at Grant Court than living in care homes. Having my independence, in my own flat. Staff can help and support me. I like having company from them and I know they are always nearby.”

How do I apply?

In order for you to apply for our Home Support Service, you must fill out one of our short referral forms. You can download one from our website, at:

birminghammind.org 

Or alternatively you can get in touch with our team to ask for one using the contact details on the back of this leaflet.

You can refer yourself, or one of your family or friends can do this for you. We also welcome referrals from Health Services, Social Services and the Voluntary Sector.

After we receive a referral form, we will organise a meeting where a member of staff can help you to evaluate your support needs. A support plan will then be agreed between you and your key worker. If you would like to move in to any of the properties managed by Birmingham Mind, you will have the opportunity to visit before agreeing to move in.

Who can we support?

Our service is available to people in the south of Birmingham who are experiencing mental health problems and who are over the age of 18.

If for any reason we can't offer you support, we will do all that we can to signpost you to other services. If you would like support from Birmingham Mind but live elsewhere in the city, you may be eligible to receive support from one of our other services - feel free to get in touch with us if this is the case.

