

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 self, health professionals, community organisations, family and friends.

You can refer via post, phone, fax, email or our online form.

Contact Us

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

Landline: 0121 262 3555 

Fax: 0121 382 7190 

Email: wellbeinghub@birminghammind.org

Website: <http://birminghammind.org/>

Online referral form available here!

Follow us  

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. 1003906
Company Limited by Guarantee No.
2024372*

V2 11/16

It is OK
to ask for help



Birmingham Mind
Wellbeing Hub
0121 262 3555


for better mental health
Birmingham


Birmingham CrossCity
Clinical Commissioning Group

How do I access the Birmingham Mind Wellbeing Hub

Call us
Mon-Fri 9-5

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

Our team will listen to you without judgement, take your details & book you a 1-2-1 meeting with a Wellbeing Worker.



Is this service for me?

I am registered with a Cross City 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 metal health services? 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.

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.

A range of courses available including:

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




for better mental health
Birmingham


Birmingham CrossCity
Clinical Commissioning Group

Self-referral Form

FULL NAME:

ADDRESS:

CONTACT NUMBER:

EMAIL:

DATE OF BIRTH:

GENDER:

HOW DID YOU HEAR ABOUT US?

GP NAME:

GP ADDRESS:

REASON FOR REFERRAL: