

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](mailto: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



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.