

Bounce Back

Helping you to re-connect with community services in Birmingham

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Have you lost connection with community support groups or mental health support since the Coronavirus lockdown?



We can help with...

- Personalised Wellbeing Plan
- Telephone and online support to help you re-connect with services (*whichever is preferred*)
- Support with IT and online access
- Access to Confidence Building and Self-Esteem Workshops
- Opportunity to become part of a Peer Led support group in your community
- Gateway to local information