



MIND YOUR HEALTH SERVICE

We provide support for grantees of the Prevention and Communities Grants Programme, helping with mental health & wellbeing issues and we support:

- Identifying issues
- Drawing up an action plan
- Signposting to relevant organisations - including:

Counselling services
Bereavement support
Faith groups

Courses and community groups
Referrals to specialist mental health services



Access and Referral

Prevention and Community Grantees' Support Workers can complete the referral form at birminghammind.org



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Or contact us:

MindYourHealthService@birminghammind.org

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