

# Are You Having a Difficult Time?

Please come and talk to us — we can help with ...

Low Mood | Struggling to Cope | Suicidal Thoughts

Our **Talking Space** service offers an out of hours, safe place, to come and chat with our Intervention Workers.

(with access to clinical support if needed)

# Talking Space

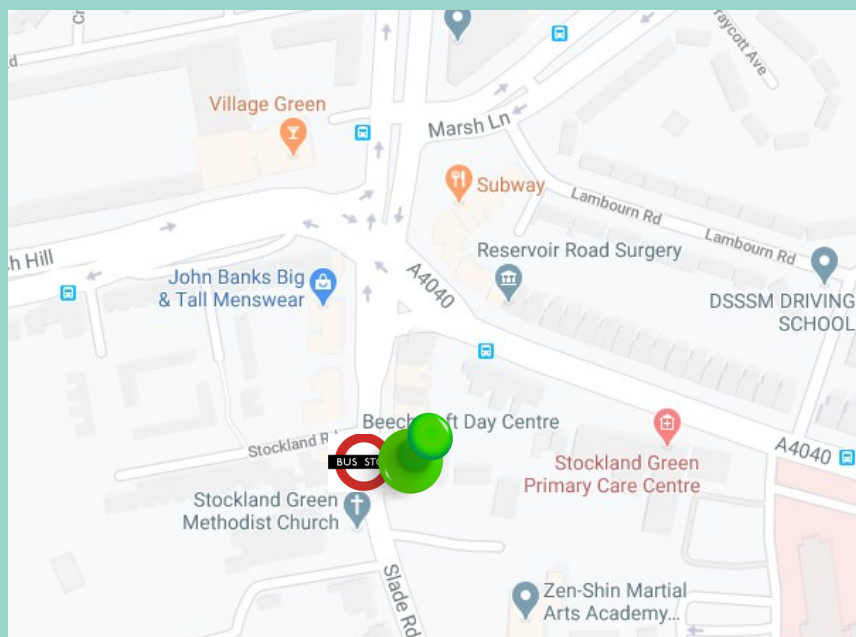
Open to anyone aged 18+  
5pm till 11pm | Every Day

By Appointment Only | Call Us: **0121 262 3555**  
Email: [help@birminghammind.org](mailto:help@birminghammind.org)

## Beechcroft

Rear of 501 Slade Road  
Erdington  
Birmingham  
B23 7JG

**Bus routes:** 11c, 11a, 65,  
X64



# Are You Having a Difficult Time?

Please come and talk to us — we can help with ...

**Low Mood** | **Struggling to Cope** | **Suicidal Thoughts**

Our **Talking Space** service offers an out of hours, safe place, to come and chat with our Intervention Workers.

(with access to clinical support if needed)

# Talking Space

**Open to anyone aged 18+**  
**5pm till 11pm | Thursday— Sunday**

**By Appointment Only | Call Us: 0121 262 3555**  
**Email: [help@birminghammind.org](mailto:help@birminghammind.org)**

## **Creative Support**

888 Bristol Road South  
Northfield  
Birmingham  
B31 2NS

**Bus routes:** 61, 63,  
X20,18,27,76.

15 minute walk from  
Northfield Train Station

