

BIRMINGHAM & SOLIHULL MENTAL HEALTH & WELLBEING HUBS

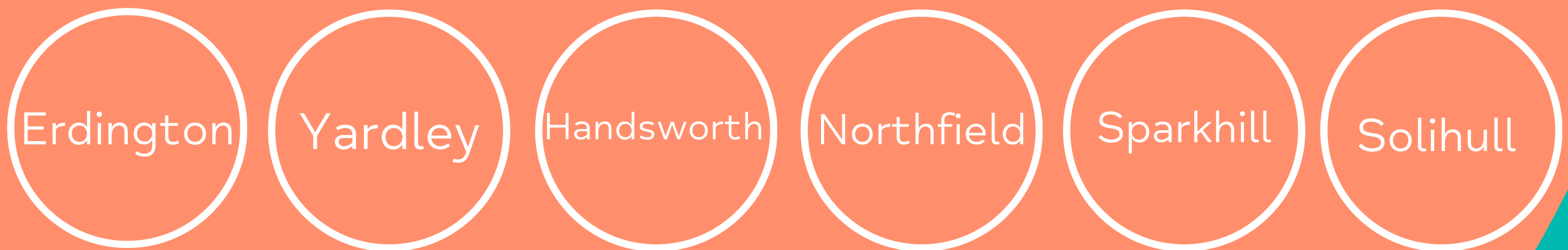


Mental Health &
Wellbeing Hubs

GATEWAY TO ACCESS:

- STRUCTURED RECOVERY COURSES
- THERAPEUTIC ACTIVITIES AND SOCIAL OPPORTUNITIES
- COACHING AND MENTORING
- PEER SUPPORT
- COMMUNITY SIGNPOSTING TO A WIDE RANGE OF ORGANISATIONS

ACCESSIBLE VIA OUR 4 HUBS OR AT OUR COMMUNITY VENUES



OPEN TO ALL BIRMINGHAM & SOLIHULL RESIDENTS
UNDER SECONDARY CARE OR ANYONE WITH A
DIAGNOSED OR LONG TERM MENTAL HEALTH CONDITION

To find out more call our Helpline
on **0121 262 3555** or email
mhwh@birminghammind.org



ACCESS OUR
HUB TIMETABLE
AND ONLINE
REFERRAL
FORM



SCAN ME

creative
SUPPORT

BIRMINGHAM MIND, 17 GRAHAM STREET, HOCKLEY BIRMINGHAM B1 3JR
TEL: 0121 608 8001
REGISTERED CHARITY NUMBER: 1003906 COMPANY LIMITED BY GUARANTEE NO: 02024372

 mind Birmingham

SOLIHULL MENTAL HEALTH & WELLBEING SESSIONS

NORTH & CENTRAL
SOLIHULL AND SHIRLEY



Mental Health &
Wellbeing Hubs



MONDAY
AFTERNOON
THURSDAY
ALL DAY

**THREE TREES
COMMUNITY
CENTRE**
HEDINGHAM GROVE
BIRMINGHAM
B37 7TP



TUESDAY
MORNING

**SOLIHULL UNITED
REFORM CHURCH**
741 WARWICK ROAD
SOLIHULL
B91 3DG



WEDNESDAY
AFTERNOON

**SHIRLEY METHODIST
CHURCH**
257 STRATFORD
ROAD
SHIRLEY, SOLIHULL
B90 3AL

FOR MORE INFO
AND TO ACCESS
OUR ONLINE
REFERRAL
FORM



To find out more call

0121 389 0213 or

07970 016 521

email

Admin.Yardley@Creativesupport.org.uk

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