

Talking Space

Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers.
(with access to clinical support if needed)



ERDINGTON



SELLY OAK



NORTHFIELD

WE CAN HELP WITH

- ✓ Low Mood
- ✓ Struggling to Cope
- ✓ Anxiety
- ✓ Stress
- ✓ Suicidal Thoughts

Open to anyone aged 18+

5pm till 11pm

Every Day

By Appointment

Simply call us:

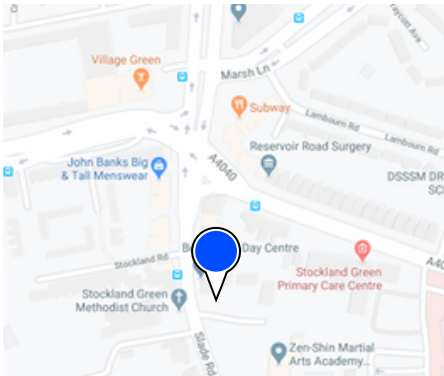
0121 262 3555

Email:

help@birminghammind.org

Our Talking Space Venues

ERDINGTON

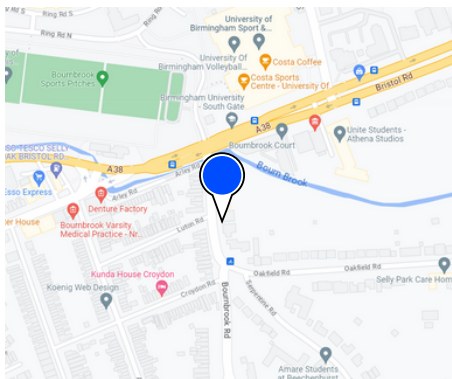


5pm till 11pm | Every Day

**Beechcroft,
Rear of 501 Slade Road
Erdington, Birmingham
B23 7JG
Bus routes: 11c, 11a, 65, X64**

**Appointment Only
Call Us:
0121 262 3555**

SELLY OAK

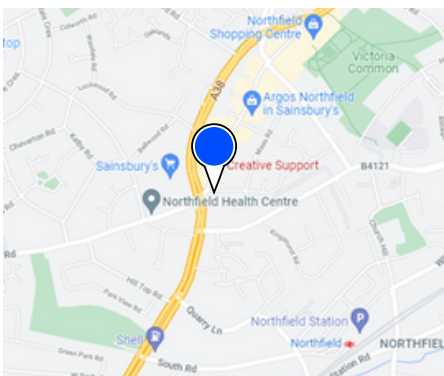


5pm till 11pm | Monday - Wednesday

**grounded.
11 Bournbrook Road, Selly
Oak, Birmingham, B29 7BL
Bus routes: 68**

**Appointment Only
Call Us:
0121 262 3555**

NORTHFIELD



5pm till 11pm | Thursday - Sunday

**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**

Book Now

