

**Are You Having a
Difficult Time?**

Talking Space

Out of Hours Mental Health Support

 **Four Locations**



ERDINGTON

501 Slade Road Erdington B23 7JG

 **7 Days a Week**




ST PAULS SQUARE

grounded. 55 St Pauls Square B3 1QS



SELLY OAK

 **grounded. 11 Bournbrook Road,
Selly Oak B29 7BL**



NORTHFIELD

**Creative support, 888 Bristol Road
South, Northfield B31 2NS**

WE CAN HELP WITH



Low Mood



Struggling to Cope



Anxiety



Sleep Problems



Stress



Suicidal Thoughts

Talking Space Appointments

ERDINGTON

5pm - 11pm
Every Day

**Beechcroft,
Rear of 501 Slade Road
Erdington B23 7JG**

Bus routes: 11c, 11a, 65, X64
15 minute walk from Gravelly Hill Train Station
Free Parking on site

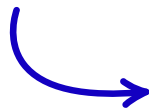
ST PAULS

1pm - 9pm
Friday - Monday
grounded. 55 St Pauls Square
Birmingham B3 1QS

Bus routes: 101, 8, 9, 126 X12 X13
8 minute walk from St Pauls Tram Stop
15 minute walk from Snow Hill Station
Free parking after 6pm and all day Sunday

Book Now For
Erdington,
St Pauls & Selly Oak

Scan me



Or call us to book an
appointment on
0121 262 3555

SELLY OAK

5pm - 11pm
Monday - Wednesday
grounded.

**11 Bournbrook Road,
Selly Oak B29 7BL**

Bus routes: 61 & 63
4 minute walk from Selly Oak Train Station
8 minute walk from University Train Station

NORTHFIELD

5pm - 11pm
Thursday - Sunday
Creative Support,
888 Bristol Road South,
Northfield B31 2NS

Bus routes: 61, 63,
X20,18,27,76
15 minute walk from
Northfield Train Station

Book Now
For Northfield

