

North Star Navigation Service

Helping you find the right mental health
support in north Birmingham



The North Star Mental Health Navigation service is a community-based initiative designed to improve mental health and wellbeing outcomes for people living in **Erdington, Stockland Green, Castle Vale** and across **north Birmingham**.

What We Offer



Mental Health Support and Navigation

- Providing information, advice, and guidance about local mental health services and the different types of support available in your area.
- Helping you find and access the right services and community resources that best meet your needs.
- Offering brief interventions (up to 6 sessions) which are short, focused sessions designed to help with specific concerns or challenges.
- Providing short-term wellbeing support giving you practical help and guidance to improve your wellbeing and connect with longer-term support if needed.

Our aim is to help you understand your options, access appropriate support, and take positive steps towards better mental health and wellbeing.



Our Locations

We operate from a range of accessible community locations across North Birmingham, including:



Stockland Green Primary Care Centre



Witton Lodge Community Association (Erdington High Street)



Beechcroft Community Wellbeing Hub, Slade Road, Stockland Green



Who Can Access This Service?

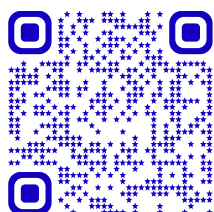
The service is open to adults aged 18+ who:

- Live in Erdington, Stockland Green, Castle Vale or across north Birmingham
- Be registered with a GP in these areas.
- Are experiencing mental health difficulties or wellbeing challenges.
- Are not currently receiving support from secondary mental health services.
- Would benefit from short-term support, guidance or signposting.



FREE
Mental Health
Support for Adults
in Erdington, Stockland
Green, Castle Vale and
across north Birmingham

**Scan To
Submit A
Referral**



Contact Birmingham Mind



0121 262 3555



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