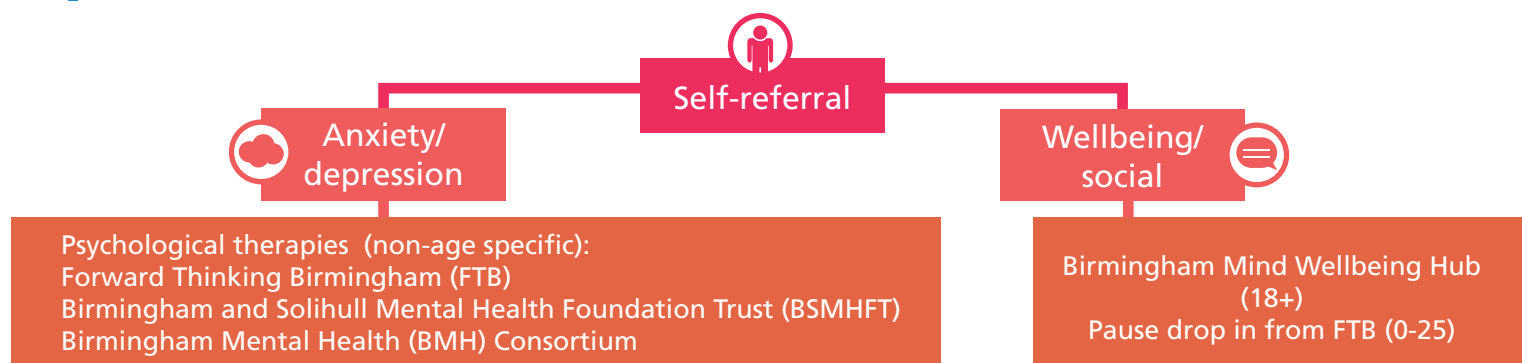


Mental health and wellbeing services - patient information



For help with anxiety, depression or obsessive compulsive disorder (OCD), contact your local psychological therapy services.



Birmingham Healthy Minds (BHM)

Patients can self-refer in a number of ways:
By email: BHM@bsmhft.nhs.uk
Telephone: 0121 301 2525 Texting 'BHM' to 60777
Requesting a call back via online form at:
www.birminghamhealthyminds.org

Visiting one of its walk in centres →

South Birmingham GP Walk In Centre -

Mondays, 10am to 11am
15 Katie Road, Selly Oak, Birmingham, B29 6JG

Walmley walk-in service - Fridays 9am – 11am
8a Walmley Road (Located behind Ashfield Surgery)
Sutton Coldfield, B76 1QN

Warren Farm walk-in service - Mondays 12pm – 2pm
Warren Farm Road, Kingstanding,
Birmingham, B44 0PU



Forward Thinking Birmingham (FTB)

Telephone: 0300 300 0099
Email: bch-tr.camhs-scap@nhs.net
General advice and referral support:
Monday to Friday 8am-8pm, Saturday
and Sunday 10am-3pm



Pause drop-in centre
21 Digbeth, Birmingham, B5 6BJ

Monday, Tuesday, Thursday and Friday 10am - 6pm

Saturday and Sunday 11am - 4pm

Birmingham Mental Health (BMH) Consortium

Telephone: 0121 663 1217

Address: Avoca Court, 27 Moseley Road, Digbeth,
Birmingham, B12 0HJ

For information and guidance about local services or access to a course to support your wellbeing contact:



Birmingham MIND

Telephone: 0121 262 3555 Email: wellbeinghub@birminghammind.org
The Beechcroft Centre, 501 Slade Road, Erdington, Birmingham, B23 7JG