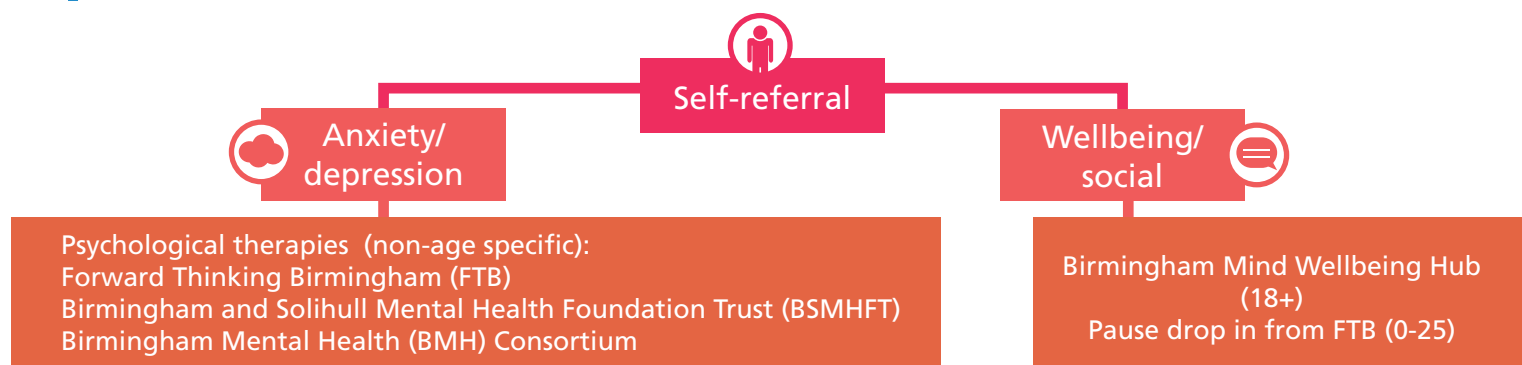


## Mental health and wellbeing services - patient information



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](mailto:BHM@bsmhft.nhs.uk)  
Telephone: 0121 301 2525    Texting 'BHM' to 60777  
Requesting a call back via online form at:  
[www.birminghamhealthyminds.org](http://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.ftb-access@nhs.net](mailto:bch-tr.ftb-access@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**  
**Wednesday 12 noon - 8pm**  
**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](mailto:wellbeinghub@birminghammind.org)  
The Beechcroft Centre, 501 Slade Road, Erdington, Birmingham, B23 7JG