



# Birmingham Healthy Minds

## NHS Talking Therapies Service



Issue 14  
Spring 2023

### From IAPT to NHS Talking Therapies: new name, same service



for anxiety and depression

There is now a new name for IAPT! From April 2023, IAPT will be known as 'NHS Talking Therapies Service'. This name was chosen following an extensive consultation process led by NHS England and Health Education England.

### Walk-in clinics

Thank you to Apollo Surgery, Katie Road Walk-in and Castle Vale Primary Care Centre who have agreed that we can recommence the walk-in clinics along with West Heath Medical Practice, Soho Road Health Centre and Sparkhill Primary Care Centre. We know that these improve access to the service for disadvantaged groups who are more likely to walk in for an appointment on impulse rather than telephone the service, they will be recommencing during March/April 2023:

- **Apollo Surgery**, 619 Kings Road, Birmingham, B44 9HW, open on Thursdays from 12pm to 2pm
- **Castle Vale Primary Care Centre**, 70 Tangmere Drive, Birmingham, B35 7QX. Open on Fridays from 10am to 12pm
- **West Heath Medical Centre**, 194–196 West Heath Road, Northfield, Birmingham, B31 3HB. Open Fortnightly on Thursdays from 1pm to 3pm
- **Sparkhill Primary Care Centre**, 856 Stratford Road, Sparkhill, Birmingham, B11 4BW. Open Tuesdays from 9.30am to 11.30am
- **Soho Road Health Centre**, Ground Floor, 247–251 Soho Road, Birmingham, B21 9RY. Open Wednesdays from 9.30am to 11.30am
- **South Birmingham GP Walk-in Centre**, 15 Katie Road, Selly Oak, Birmingham, B29 6JG. Open Wednesdays, 9am to 11am

### Choice of options for referrals

Patients can access the service in a number of ways:

- GP written referral
- Emailing us at [bhm@bsmhft.nhs.uk](mailto:bhm@bsmhft.nhs.uk)
- telephoning us on 0121 301 2525 between 9am and 4.30pm Monday to Friday
- Completing the online self-referral form at: <https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/self-referral/>

Further details can be found at [birminghamhealthyminds.org](http://birminghamhealthyminds.org)

### South Asian Women's Group

We are currently running a South Asian Women's Group, which is delivered in Urdu, Punjabi and Hindi. The group sessions are held weekly at Soho Health Centre. This seven-session group covers cultural stigma attached to mental health, depression, anxiety, stress, sleep and lifestyle habits. The group is well attended with a very low drop-out rate.