

What is the Community Mental Health and Wellbeing Service?

This service will help and support you with your mental health and wellbeing.

We offer appointments with our specialist team of mental health care professionals via your GP practice.

This new service makes it quicker and easier for people to get the right support by bringing together a range of services available in the NHS and in your community.

How can the service help me?

We help people by providing support, advice, and treatment.

We can help you with your mental and physical health, as well as helping you resolve issues affecting your wellbeing such as money, work, housing, relationships, trauma, abuse, or addiction.

I need help right now.

If you need emergency support with your mental health, there is always someone to talk to.

You can call the **Birmingham and Solihull Urgent Mental Health Helpline** (managed by Birmingham Mind) 24 hours 7 days a week for advice and support on

0121 262 3555 or **0800 915 9292**

You can speak to **Samaritans** right now, or any time day or night by calling **116 123**

Or email jo@samaritans.org for a response within 24 hours.

If you are an immediate danger to yourself or others **call 999** or go to your nearest A&E.



Ask your GP surgery for more information, or visit www.bsmhft.nhs.uk



Birmingham and Solihull Community Mental Health and Wellbeing Service



If you're experiencing problems with your mental health, mood, or wellbeing this service is here to support you.



Birmingham and Solihull
Community Mental Health
and Wellbeing Service

Who can access the service?

We welcome anyone over the age of 18 who is experiencing new or ongoing mental health symptoms, as well as people who have an existing mental health diagnosis such as Bipolar, Personality Disorder, Schizophrenia etc.

Who are the Community Mental Health and Wellbeing Team?

We are a group of mental health care professionals based at local GP practices across Birmingham and Solihull.

The service is provided in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust and is part of the Birmingham and Solihull Integrated Care System (ICS).



What will happen in my appointment?

Appointments take place at your GP practice or over the phone or video call with a mental health care professional. Occasionally our team may also visit you in your home depending on your circumstances.

In your first appointment we'll ask you to talk about how you're feeling, the symptoms you are experiencing and what is happening in your life.

We will listen to you and your experiences and will recommend options to help you to manage your situation and take the next steps to getting further treatment and support.

This may include things like:

- getting a therapy or counselling appointment
- being prescribed medication
- helping you connect with services available in your local community to get support with any issues affecting your wellbeing such as housing, money, or relationships.

The Community Mental Health and Wellbeing Service does not replace an appointment with your doctor, so you'll still be able to see your GP or Psychiatrist if you need to.



How do I make an appointment?

To book an appointment contact your GP surgery and ask about the Community Mental Health and Wellbeing Service.

Please note: this service is not appropriate for everyone. The receptionist may recommend you speak with your GP first to find out if it's right for you.