



NHS

**Birmingham and Solihull
Mental Health**
NHS Foundation Trust

Buzz guide

Your mini directory to wellbeing
and mental health in Birmingham
and Solihull



Community organisations

Millennium Centre (African Caribbean)	0121 455 6382 www.acmccentre.com
Asian Resource Centre	0121 523 0580 www.asianresource.org.uk
Birmingham Chinese Community Centre	0121 685 8510 www.chinesebirmingham.org.uk
Birmingham Irish Association	0121 604 6111 www.birminghamirish.org.uk
Nishkam Centre	0121 515 4229 www.ncauk.org
Rethink Asian Language Mental Health Helpline	0808 800 2073 www.rethink.org
Polish Centre	0121 643 3577 www.polishmillenniumhouse.org.uk

Accommodation, homeless advice and guidance

Birmingham City Council Homeless Service	0121 303 7410 Emergency out of hours: 0121 303 2296 www.birmingham.gov.uk
Birmingham City Mission Resource Centre	0121 766 6603 www.birminghamcitymission.org.uk
Citizens Advice Bureau	0344 411 1444 www.citizensadvice.org.uk
Focus Foyer	0121 236 6298 www.midlandheart.org.uk
Foodbanks	0172 258 0180 www.trusselltrust.org
Salvation Army	0207 367 4800 www.salvationarmy.org.uk
Shelter Housing Aid	0808 800 444 www.shelter.org.uk
SIFA Fireside – drop-in and support	0121 766 1700 www.sifafireside.co.uk
St Anne's Hostel	0121 772 4406 www.stannesbirmingham.org.uk
St Basils	0121 772 2483 www.stbasils.org.uk

Advocacy, advice and recovery groups

Advocacy Matters	0121 321 2377 www.advocacymatters.org
Building Community Advocacy (forensic)	0121 246 6100 www.bid.org/advocacy
Birmingham City Council	0121 303 1111 www.birmingham.gov.uk
Birmingham Mind	0121 608 8001 www.birminghammind.org
Civil Legal Advice Helpline	0345 345 4345 www.gov.uk
Creative Support	0121 426 1666 www.creativesupport.co.uk
Healthwatch	0800 652 5278 www.healthwatch.co.uk
Independent Mental Health Advocacy (Solihull)	0247 669 7443 www.independentadvocacy.org
NHS Complaints Advocacy	0300 330 5454 www.nhscomplaintsadvocacy.org
POhWER advocacy	0300 456 2370 www.pohwer.net
Recovery College for All	0121 301 3992
See Me Experts By Experience	0800 694 0212 www.bsmhft.nhs.uk
SANE helpline	0300 304 7000 www.sane.org.uk
Solihull Adult Social Care	0121 704 8000 www.solihull.gov.uk
Solihull Mind – all services	0121 742 4941 www.solihullmind.org.uk
Southlink Charter Centre Drop-in	0121 681 0305 www.harbornebaptistchurch.org
Sustain (Solihull services for third sector)	0121 704 7860 www.solihull-sustain.org.uk
Umbrella Birmingham Sexual Health	0121 237 5700 www.umbrellahealth.co.uk

Drugs and alcohol

Alcoholics Anonymous	0800 917 7650 www.alcoholics-anonymous.org.uk
Aquarius Community Alcohol Teams, Birmingham	0121 622 8181 www.aquarius.org.uk
Change Grow Live (Reach Out Recovery) – addictions support	0121 227 5890 www.changegrowlive.org
FRANK – drugs advice confidentially	0300 123 6600 www.talktofrank.com

Education, employment and training

BETTER Pathways – work and training	0121 773 1455 www.betterpathways.org.uk
Birmingham Adult Education	0121 303 4318 www.learnbaes.ac.uk
Birmingham Disability Resource Centre	0303 040 2040 www.disability.co.uk
Birmingham Rathbone	0121 449 1011 www.rathbone.co.uk
Dyslexia Association Birmingham	0121 643 3737 www.da-bham.org
Fircroft College	0121 472 0116 www.fircroft.ac.uk
Jobcentre Plus	0800 055 6688 www.gov.uk/jobsearch
People In Partnership – learning disabilities	0121 440 4685 www.peopleinpartnership.org.uk

Families, friends and carers

Admiral Nurse Help Service (dementia)	0800 888 6678 www.dementiauk.org
Birmingham Adult Social Care Access Point	0121 303 1234 birmingham.connecttosupport.org
Birmingham Carers Hub	0333 006 9711 www.birminghamcarershub.org.uk
Birmingham Relate Centre	0121 643 1638 www.relate.org.uk
Carers UK	0207 378 4999 www.carersuk.org
Carers Trust Solihull	0121 788 1143 www.solihullcarers.org
Home Group (Stonham) Mental Health Carer Support	0300 304 5530 www.homegroup.org.uk/bmhcss
Rethink	0300 500 0927 www.rethink.org
The Carers Trust	0300 772 9600 www.carers.org

Housing support

Accord Housing Association	0300 111 7000 www.accordgroup.org.uk
Advance Housing	0333 012 4307 www.advanceuk.org
Birmingham Mind	0121 608 8001 www.birminghammind.org
Family Housing Association (Optima)	0300 790 6560 www.wmhousing.co.uk
FCH Housing and Care	0300 123 1745 www.fch.org.uk
Midland Heart	0345 602 0540 www.midlandheart.org.uk
Solihull Care Housing Association	0121 745 4281 www.scha.org.uk
Trident Housing	0800 111 4944 www.tridentgroup.org.uk

Leisure, sports and arts

Arts All Over The Place	07775 710 699 www.artsallovertheplace.org.uk
Birmingham City Council Libraries	0121 464 6190 www.birmingham.gov.uk
Birmingham Museums (BMAG)	0121 348 8000 www.birminghammuseums.org.uk
Birmingham Leisure Trust (Serco)	0121 796 2330 www.birminghamleisure.com
Kinmos social inclusion friendship group	0121 444 8333 www.kinmos.org
Park Lives	080 022 7711 www.parklives.com
Quench Arts	07716 362 478 www.quench-arts.co.uk
Wellbeing Community Choir	07841 924 289 www.thewellbeingcommunitychoir.org

Lesbian, gay, bisexual and transgender

Birmingham LGBT Centre	0121 643 0821 www.blgbt.org
Birmingham Gay and Lesbian Against Depression (BGLAD)	0121 643 0821 www.blgbt.org
Gay Outdoor Club	0844 870 0462 www.goc.org.uk
Lesbian and Gay Switchboard UK	0300 330 0630 www.switchboard.lgbt

Older people

Age UK	0800 055 6112 www.ageuk.org.uk
Alzheimer's Society	0300 222 1122 www.alzheimers.org.uk
Broadening Choices for Older People support	0121 459 7670 www.bcop.org.uk
Fircone Birmingham activities	0121 643 1032 www.firconebirmingham.org.uk

Crisis and out of hours numbers

In an emergency telephone	999
Birmingham and Solihull Mental Health NHS Foundation Trust	Main switchboard: 0121 301 0000 www.bsmhft.nhs.uk
NHS 24/7 in a crisis telephone	111 www.nhs.uk
Samaritans	116 123 www.samaritans.org
Saneline	0300 304 7000 www.sane.org.uk
Safeguarding Adults Birmingham: 0121 303 1234	Children: 0121 464 2612 www.lscbbirmingham.org.uk
Safeguarding Adults Solihull: 0121 704 8007	Children: 0121 605 6060 www.solihull.gov.uk

Primary care therapies

Bethel Health and Healing Listeners	0121 389 0267 www.bethelnetwork.org.uk
Birmingham Healthy Minds	0121 301 2525 www.birminghamhealthyminds.org
Carrs Lane Counselling	0121 643 6363 www.carrslanecounselling.co.uk

Specialist services and support groups

Acacia – pre and postnatal depression	0121 301 5990 www.acacia.org.uk
Autism UK	0808 800 4104 www.autism.org.uk
BID services/Deaf Cultural Centre	0121 246 6100 www.bid.org.uk
CALM Male Suicide Prevention	0800 585 858 www.thecalmzone.net
Cruse Bereavement Care	0808 808 1677 www.cruse.org.uk
Diabetes UK	0345 123 2399 www.diabetes.org.uk
Eating Disorders Helpline	0808 801 0677 www.beateatingdisorders.org.uk
Freedom From Torture	0121 314 6825 www.freedomfromtorture.org
Headway West Midlands	0808 800 2244 www.headway.org.uk
MDF The Bipolar Organisation	0333 323 3880 www.bipolaruk.org
Mencap Learning Disabilities Services	0808 808 1111 www.mencap.org.uk
National organisations for phobias, anxiety, neuroses, information and care	0844 967 4848 www.nopanic.org.uk
Providing support for families of offenders	0808 808 2003 www.partnersofprisoners.co.uk
Royal College of Psychiatrists	0207 235 2351 www.rcpsych.ac.uk
The Association for Post Natal Illness	0207 386 0868 www.apni.org
West Midlands OCD	07712 335 476 www.wmocd.org.uk

Useful national and regional numbers and websites

Birmingham Voluntary Services Council	0121 643 4343 www.bvsc.org
Centre for Mental Health	0788 742 2128 www.centreformentalhealth.org.uk
Choice and Medication side effects advice	www.choiceandmedication.org/bsmhft
Government Services	www.gov.uk
Mental Health and Learning Disabilities Foundation	0207 803 1100 www.mentalhealth.org.uk
MIND Infoline	0300 123 3393 www.mind.org.uk
MIND Publications	0844 448 4448 www.mind.org.uk
Network West Midlands public transport	0121 254 7272 National: 0871 200 2233 www.networkwestmidlands.com
NHS Choices	111 www.nhs.uk
Rethink National Advice Service	0300 500 0927 www.rethink.org
West Midlands Fire Service Contact Centre	0845 500 0900 www.wmfs.net
West Midlands Police (non-emergency)	101 www.west-midlands.police.uk

Women

Accord domestic violence services	0300 111 7000 www.accordgroup.org.uk
ANAWIM support to women and their children	0121 440 5296 www.anawim.co.uk
Birmingham Asian Women's Advice	0121 523 0580 www.asianresource.org.uk
Birmingham Women's Aid	0808 800 0028 www.bswaid.org
Rape and Sexual Violence Project Helpline	0121 643 4136 www.rsvporg.co.uk
Women Acting In Today's Society (WAITS)	0121 440 1443 www.waitsaction.org
Women's Counselling and Psychotherapy Centre	0121 429 1758 www.counselling-direct.co.uk

Young people

Birmingham Careers Service	0121 675 6105 www.birminghamcareersservice.co.uk
Birmingham Space (Barnardo's)	0121 550 5271 www.barnardos.org.uk
Childline	0800 1111 www.childline.org.uk
Forward Thinking Birmingham (0-25 year olds)	0300 300 0099 www.forwardthinkingbirmingham.org.uk
Lifeline Birmingham – Holistic Innovative Approach to Help	0121 622 7780 www.birminghamlifeline.co.uk
National Society for the Prevention of Cruelty to Children (NSPCC)	0808 800 5000 www.nspcc.org.uk
PAPYRUS Prevention of Young Suicide	0800 068 4141 www.papyrus-uk.org
Self-Injury Support	0117 927 9600 www.selfinjurysupport.org.uk
Spurgeons Young Carers	0121 638 0878 www.spurgeonsyc.org
St Basils	0300 303 099 www.stbasils.org.uk
The Princes Trust	0800 842 842 www.princes-trust.org.uk
Young Minds	0808 802 5544 www.youngminds.org.uk

Keep up to date with our Trust on social media



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BSMHFTMentalHealth

www.bsmhft.nhs.uk

Check for updates at

www.the-waitingroom.org

Keep up to date with groups and organisations:

- **Positive Mental Health Group** is open to all on the last Tuesday of each month from 2.30pm at Birmingham LGBT Centre Cafe, 38-40 Holloway Circus, B1 1EQ.
- **Customer Relations Team:** 0800 953 0045 (Mon-Fri, 8am-6pm, excluding bank holidays)
- **www.bsmhft.nhs.uk**
- **www.the-waitingroom.org**
- **Libraries** have free community information.

