

**NHS**

Birmingham and Solihull  
Mental Health  
NHS Foundation Trust

# Are you feeling anxious, stressed or depressed?

Contact **Birmingham Healthy Minds**,  
a free NHS talking therapy service for  
anyone who is 16 or over and registered  
with a Birmingham GP.

You can access the service in a number of ways, by:

- GP referral
- self-referral at **[bhmselfreferral.bsmhft.nhs.uk/bhm](https://bhmselfreferral.bsmhft.nhs.uk/bhm)**
- emailing\* us at **[bsmhft.bhm@nhs.net](mailto:bsmhft.bhm@nhs.net)**
- calling us on **0121 301 2525**
- texting\*\* 'BHM' to 60777
- requesting a call-back via our online form  
at **[www.birminghamhealthyminds.org](http://www.birminghamhealthyminds.org)**
- visiting one of our walk-in centres  
see information overleaf.

