

## **FOI 0403/2025 Response**

### **Request**

Dear Birmingham and Solihull Mental Health NHS Foundation Trust, Please provide:

1. Any external organisations the Trust has referred patients to for support regarding:

- sexuality,
- “unwanted sexual feelings,” or
- gender identity “exploration.”

2. Any due-diligence checks carried out on those organisations.

3. Any recorded concerns or safeguarding flags linked to those organisations.

### **Response**

We do not formally refer patients to external agencies for sexuality, unwanted sexual feelings, and gender identity exploration.

However we do signpost patients to Birmingham LGBT+ as they offer a range of services, including counselling.

We also signpost patients to the NHS waiting rooms digital platform - commissioned by the Mental Health Provider Collaborative and designed to support mental health and wellbeing within the NHS.

The NHS waiting rooms often include features such as self-help tools, community support services, and professional guidance, ensuring that mental health resources are readily available to a wide range of users, including children, young people, adults, parents and carers.