

Who

Solihull Mind believes that people who have mental health problems have the same rights as any other person; that they should not be disadvantaged or subject to prejudice and should have the right to live an ordinary life in the community with the necessary support to ensure fulfilment and independence. As a local, user led, mental health organisation Solihull Mind seeks to improve the quality, quantity, and accessibility of services for people with emotional distress.

Our services support these beliefs, enabling people to move towards the lives they want using whichever of our services they need when they need them; whether for a one-off situation needing help or guidance; for longer term support, perhaps using more than one service; or returning to a service when needed at a particular time. We also provide support to access other services.

Solihull Mind aims to continually improve services and uses the National Mind Quality Management in Mind standards to help achieve this.

What

OASIS

Our Open Access Support and

Information Service is open to anyone who feels in need of someone to talk to; or who wants to meet other people in a relaxed and friendly atmosphere; or to find out more about services in Solihull. It is open Monday, Wednesday, Thursday 12-00noon to 4-30pm; Tuesday 7pm to 10pm; Saturdays/Sundays, 12 noon to 6pm.

Additionally, on Thursdays, between 10am and 12-30pm there is an art and craft group, and between 1pm and 4-30pm there is a music group. A women only Drop-in is held on Friday afternoons between 1pm and 3pm.

Counselling

If there is something worrying you and you

need someone to talk to, our counsellors may be able to help you look at ways of dealing with your worries. The (free) service takes place mainly in the daytime, with some sessions available in the evening or at weekends.

Groups

We offer a variety of groups/courses, according to demand, both for support, e.g. stress management, communication skills, and confidence building; and for fun e.g. pottery.

Gay/bisexual men's group

A support group for gay/bisexual men with mental health problems is held weekly, please ring for details.

Employment/training

Mind's Employment Development Officer

helps people obtain suitable purposeful activity, employment or training; mediates to help people to retain their employment or leave on favourable terms. A range of practical assistance is available, as well as guidance on employment rights.

Computer training

Computer training is provided in our building by tutors from Solihull College. Students are taught in groups of five and can work at their own pace, with the option to obtain a recognised qualification.

Organic horticulture

We have a 3½ acre site in Knowle (contact us for details) where you can take part in growing organic flowers and vegetables under the supervision of an organic gardener. As well as horticulture there is general handiwork/maintenance and conservation - we also have wildlife areas and ponds. Work at the site takes place on Mondays, Tuesdays (except during winter), Thursdays, Fridays, and Saturdays between 11am and 2pm.

Healthy Living/Sport

We have a weekly Healthy Living group (Mondays 2pm – 4pm) to help with diet and provide a gentle introduction to fitness. There are also weekly golf and football sessions at our horticulture project in Knowle (both on Fridays: golf 11am – 12, football 2pm – 4pm or 1pm – 3pm in winter). There are also other activities including table tennis and one-off events.

Advocacy

Our Mental Health Advocates offer representation and support to people on a variety of issues such as housing, benefits, talking to Social Services, attending medical appointments, filling in forms, debt, and issues around domestic violence etc.

Women's domestic violence/abuse group

A support group for women experiencing or who have experienced domestic violence or abuse. Please ring for details of time/venue.

Training

Mental health awareness training and mental health promotion is provided by our Mental Health Trainer to a variety of organisations, e.g. those in the voluntary and statutory sector, employers, colleges and schools etc.

Housing

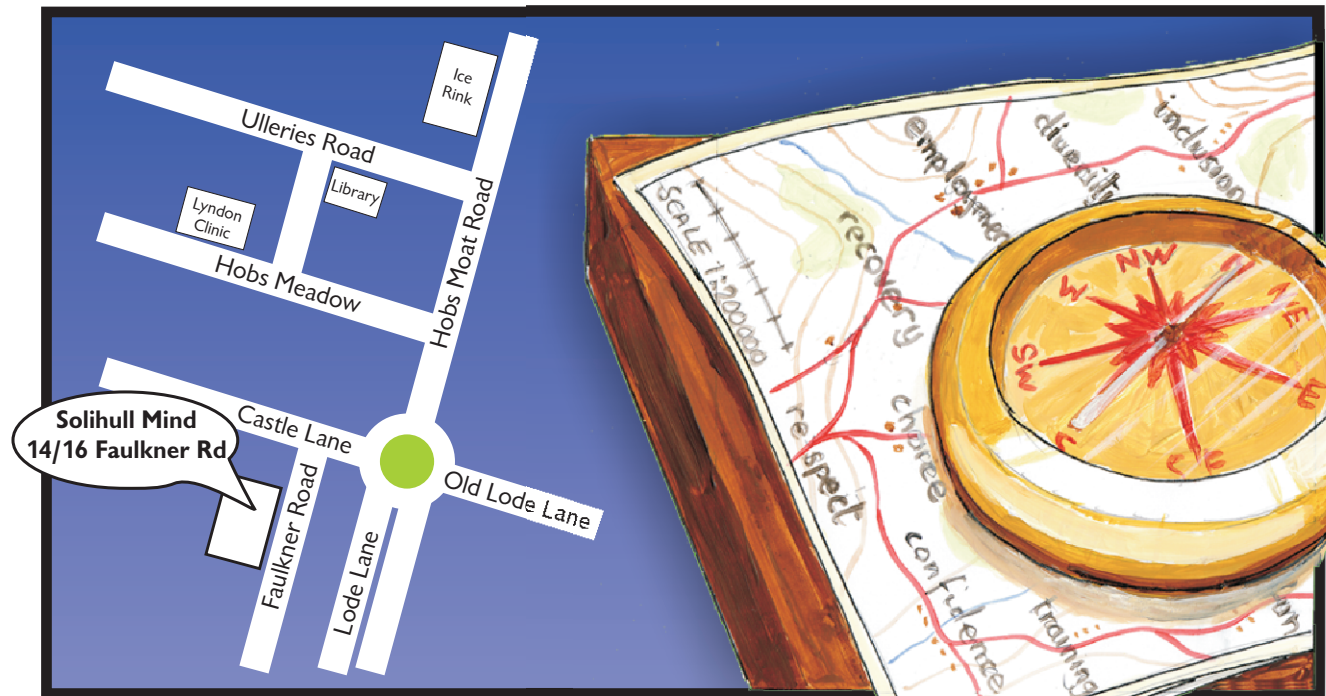
We have a scheme providing independent, but supported, housing. It aims to provide good quality housing with Mind providing information/support to help tenants live independent and fulfilled lives. When vacancies arise they are advertised locally.

How

Solihull Mind's services are provided according to our policies on equal opportunities and confidentiality. Copies of these policies are available on request. Unfortunately, our services are restricted to those who live in the borough of Solihull and are aged between 17 and 65.

Where

Solihull Mind
14-16 Faulkner Road
Solihull
B92 8SY
T: 0121 742 4941/743 4237
E: contact@solihullmind.org.uk
W: www.solihullmind.org.uk
Reg. Charity no. 516058



Buses stop by the roundabout at the junction of Castle Lane/Lode Lane - 57, 57A, 71, 72, 169, 672; at Castle Lane - 38, 41A, 41C, 42C; and at Land Rover - 41A, 41C, 42C.

The building is wheelchair accessible and all services are available on the ground floor.

Solihull Mind

All about us...

User led and delivered mental health services in the borough of Solihull



For better
mental health

time to change

let's end mental health discrimination