

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 are provided to support these beliefs. We provide a range of services ourselves, or we can help people access services elsewhere, to enable people to move towards the lives they want.

People can choose to use whichever of our services they need at the times they need them; whether that is for a one-off situation needing help or guidance; for a longer term support, perhaps using more than one service; or returning to a service when needed for support at a particular time.

What

Specialist/Intensive Advocacy

This is a more

intensive style advocacy than our general advocacy service, providing a variety of help around issues linked to domestic violence and family issues. Many people find it extremely difficult to manage their way around the maze of processes and procedures and attend conferences and meetings linked to Child Protection and family matters, and to engage with Police and courts linked to Domestic Violence issues, making decisions and changes for the safety and wellbeing of themselves and their children.

Specialist Intensive support advocacy can help in the following ways:

Protection, or Safeguarding Procedure, requiring engagement with Social Services or other statutory agencies.

- For parents involved in meetings linked to the healthcare or education of children including TAF (Team around the Family), CAF (Common Assessment Framework) and PEP (Personal Education Plan).
- Domestic Violence and Sexual Violence/Abuse related issues including Police/Court, Housing and Safety orders and injunctions, legal appointments and divorce proceedings.
- Support and help to access specialist advice and information to resolve issues relating to finances and benefits.

- For parents involved in Child

What is advocacy?

Sometimes people find that it is difficult for their opinions or ideas to be taken seriously, or they are not offered what they would like, or they find it difficult dealing with official organisations or companies. An advocate is someone who can both listen to you and speak for you in times of need.

Our advocates are independent. This means they will be acting entirely in your interests as expressed by you to them.

Other sources of support can be useful, but they might not always be able to support you in something they disagree with, e.g. family or friends might have different ideas about what is good for you, and health and social services staff might not want to support you in something they feel is bad for you.

Solihull Mind's advocates will work alongside you, on your instructions, and agree what information is to be shared with others.

Group Work

We also run a weekly support group for women affected by Domestic Violence/Abuse in relationships, to promote a positive lifestyle and build healthier relationships.

- Supportive discussions
- Gentle group work to build confidence and self-esteem

- Topical sessions to help gain greater awareness of the affects of Abuse on women and their children.

Recovery Toolkit Group Programme

This is a structured course for women recovering from domestic abuse.

This twelve week intensive programme is designed to look at ways to develop positive lifestyle coping strategies with a range of techniques and self help ideas that follow basic Cognitive Behavioural Therapy principles with handouts.

Getting in touch

If you would like to talk to someone in complete confidence about our advocacy and support please get in touch and ask to speak to Kay Foley who is our specialist advocate for family and domestic violence issues.

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.

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Where

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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.

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Solihull Mind Specialist advocacy



User led mental health services
 in the borough of Solihull



For better
 mental health