

Information, advice and support for people with mental health concerns



This leaflet gives details of a range of support services for people experiencing mental health issues, and for their carers.

Information and advice services

Community Advice Hubs

Based in Chelmsley Wood and Solihull libraries, the Hubs offer a wide range of information and advice on a drop-in basis (no appointment needed).

Hub opening hours are Monday to Friday from 10am – 2pm

To find out more visit Solihull's web portal at solihull.mylifeportal.co.uk

Email: admin@solihullcommunityhub.org.uk

Or call the Hubs on **0121 705 3588**

Activities to support health and wellbeing

Here are some organisations providing help to find a meaningful social activity that may improve a person's health and wellbeing.

Solihull Active

Solihull Active provides a wide range of physical activity and sport projects across Solihull. The Solihull Active team can help you to become more active, support you to take part in physical activity and lead a more active lifestyle.

There really is something for everyone, including walking groups, cycling, swimming, group exercise classes, sports and specialist exercise for health programmes. Please visit www.solihullactive.co.uk to find out more about the activities available. Alternatively, you can contact the team on **0121 704 8207** or email solihullactive@solihull.gov.uk

Solihull Social Prescribing and Health Training Service

This service provides support to individuals who want to improve their health and encourages access to social activities. People will be seen on a one-to-one basis and individual plans will be made with them to look at their main priorities. They will receive support to access the most suitable service for their needs. This is a free service and available to anyone over the age of 16.

To find out more call **0800 158 3535** or visit **www.healthexchange.org.uk**

Independent Advocacy

Independent Advocacy provides one-to-one support planning for people who are recovering from mental health problems.

For more information call **024 7669 7443**.

Solihull Mind

Solihull Mind provides a range of activities and support for Solihull residents aged between 17 and 65. Activities include:

- Drop in service 7 days a week with lunch available Wednesdays, Saturdays and Sundays (small charge)
- Football, music club, arts and crafts
- Computer training
- Horticulture

Venue: 14/16 Faulkner Road, Solihull B92 8SY

For more information about Mind's services:

Call: **0121 742 4941**

Email: **contact@solihullmind.org.uk**

Website: **www.solihullmind.org.uk**

Bosworth Drive Community Centre

The Centre provides daily mental health support that embraces religious, linguistic and cultural needs. It also supports people with experience of substance misuse. Activities on offer include bingo, crafts, cookery, exercise classes and a women's support group.

Venue: Bosworth Community Centre, 291 Bosworth Drive, Chelmsley Wood B37 5DP

Call: **0121 770 8570**

Email: **smbosworth@ashramha.org.uk**

Recovery College

The college offers a range of free sessions for people suffering from mental health, their carers, family and staff. Topics include mental health first aid, mindfulness, coping in a crisis and living with bipolar disorder.

Venue: Olton Library and Uffculme Centre, Moseley

Call: **0121 301 1040**

Email: **recovery.college@bsmhft.nhs.uk**

Meeting people

This section gives the details of organisations offering social contact and support through services such as drop-ins, support groups and befriending.

Solihull Mind drop-in service

No appointment needed - just drop in during these opening times:

Mondays, Wednesdays and Thursdays 12pm - 4pm

Tuesday evenings 7pm – 10pm

Weekends 12pm – 6pm

Friday, Saturday and Sunday evenings 6pm – 10pm

Venue: 14/16 Faulkner Road, Solihull B92 8SY

Solihull Mind women-only drop-in

No appointment needed: just drop in on Fridays 1pm – 3pm

Venue: 14/16 Faulkner Road, Solihull B92 8SY

OutMinds

This is a social support group for gay and bisexual men with mental health problems living in Solihull. You can be assured of complete confidentiality. No information is exchanged with other agencies or family.

For details contact Wayne at Solihull Mind on **0121 285 0971**.

Domestic violence support

Solihull Mind runs a support group for women experiencing either physical or emotional abuse. For more details, including time and venue, please contact Mind on **0121 742 4941**.

Three Trees Community Centre

Drop-in session every other Monday from 10.30am – 12.30pm

Venue: Three Trees, Headingham Grove, Chelmsley Wood, B37 7TP

Call: **0121 770 8590**.

Family Care Trust Mental health drop-in

The Trust offers a free weekly drop-in service where people can socialise with others from the community over refreshments.

Community befriending service

Support for people with a mental health issue, provided by caring people who understand mental health.

For information on both these services, please contact the Family Care Trust.

Call: **0121 717 5211**

Email: **enquiries@familycaretrust.co.uk**

Website: **www.familycaretrust.co.uk/our-services/mental-health/befriending-drop-in**

Independent Advocacy

Support groups for social, emotional and practical support. Share personal experiences and focus on strengths not weaknesses.

A Peer Support Group meets every other Monday 10.30am–3pm at Three Trees Community Centre, Chelmsley Wood, B37 7TP

For more information about this service call **024 7669 7443**.

Support for carers

In this section, you can find a range of services for carers who support people with mental health concerns.

Courses

Caring for Carers Programme

This is a six-week programme looking at problem solving, medication, communication, what to do in a crisis and how to access services. For more information, contact the Lyndon Community Mental Health Team on **0121 301 4800**.

Support groups

Carer Information and Support

Run by Birmingham and Solihull Mental Health Foundation Trust (BSMHFT), this group offers the chance to meet with other carers, get mutual support, and get a range of information to help with the caring role.

Venues and times:

Lyndon Clinic on the first Thursday of every month 6.30pm – 8pm

For more information call **0121 301 4800**.

Solihull Rethink Carers' Group

This group meets once a month.

All welcome to drop in. To find out more call Rethink on **07585 419006**.

Mental Health Carers' Forum

This group meets every three months at The Civic Suite, rear of Solihull Council House, Manor Square B91 3QB.

For more details, please call **0121 301 4950**.

Advocacy

Independent Advocacy provides a mental health advocacy service for carers.

Drop-in sessions held on Wednesday: 10am–11am at Chelmsley Wood Library, Chelmsley Wood Shopping Centre, 1pm–3pm at Lyndon Clinic, Hobs Meadow, B92 8PW

Thursday: 10.30am – 12.30pm at Newington Clinic, Newington Road, Chelmsley Wood, B37 7RW

For more information, please call **02476 697443**.

Specialist services

Mental Health

Where a mental health issue is severe and complex, and is affecting someone's social functioning, self-care, or is a risk to life, their GP can refer them to Birmingham and Solihull Mental Health Foundation Trust.

The Trust can offer support with medication, a crisis service, combined treatments, multi-professional input, and in-patient care.

Substance use

Solihull Integrated Addication Services (SIAS) has a range of confidential services for anyone using alcohol and drugs and wishing to access treatment and support.

People can call in confidence on **0121 301 4141**
or email **help@sias-solihull.org.uk**

Counselling, psychology services and self-help

This section contains a number of options for people who need help with depression and low mood, anxiety or stress, panic attacks or phobias.

Group and individual therapy

If depression or anxiety is causing personal, social or work problems, people may want to contact Solihull Healthy Minds Service.

Call: **0247 667 1090** Monday to Friday 9am – 4.30pm

Email: **enquiries@covwarkpt.nhs.uk**

Managing stress

Stress Control is a six-session, daytime or evening course in managing common problems such as anxiety, depression, low self-confidence, poor sleep or panic attacks.

For more details call **0247 636 2100** or email **enquiries@covwarkpt.nhs.uk**

Self-help resources online

To find self-help guides, self-assessment tools and apps on topics such as panic attacks, worry, negative thinking, anger, dissociation, relaxation, workplace stress and depression, visit:

www.covwarkpt.nhs.uk/iapt/Pages/default.aspx

Computerised cognitive behavioural therapy (CCBT) provides practical and user-friendly training in life skills to help tackle difficulties we face in our everyday lives. The course is free and confidential. It uses a variety of presentation methods, and enables people to design a programme tailored to meet individual needs.

Visit: **www.livinglifetothefull.com** for more information.

Self-help with Books on Prescription

Books on Prescription helps people to understand and manage health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries. Books on Prescription are available to borrow free of charge from all Solihull libraries.

Work and training

We all know the difficulties associated with going to work: the fear of an unknown environment, lack of recent experience, the threat of losing benefits, stigma and misunderstandings, lack of confidence and so on. Information, guidance and support, and opportunities to try things out can all help to overcome these real concerns.

Solihull Mind can offer help with staying in employment, finding a new job or getting training and work experience.

Contact them on **0121 742 4941** or visit the Solihull Mind website at:
www.solihullmind.org.uk/work.html

For people wishing to train in advocacy, Independent Advocacy offers group work which leads to an accredited certificate.

For more information call **024 7669 7443**.

Out-of-hours support

For urgent advice, phone the NHS Helpline on **111**.

If someone needs support from the Emergency Duty Social Work Team, call **0121 605 6060**.

Solihull Mind runs a crisis cafe on Tuesday, Friday, Saturday and Sunday evenings and weekends. Visit 14/16 Faulkner Road or call **0121 742 4941**.

Samaritans offer a safe place for you to talk any time you like, in your own way - about whatever's getting to you. Available 24 hours a day, 7 days a week.

Call: **116 123** (Free)

Email: **jo@samaritans.org**

HOPELINEUK is a confidential support and advice service for young people under the age of 35 experiencing thoughts of suicide, and anyone concerned about a young person who may be having thoughts of suicide.

Call: **0800 068 41 41**

Text: **07786209697**

Email: **pat@papyrus-uk.org**

Opening hours: 10am-10pm weekdays, 2pm-10pm weekends, 2pm-10pm Bank Holidays.

This is not meant to be an exhaustive list of services in Solihull,
but provides examples of what is available.

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