

Information, advice and support for people with mental health concerns



Solihull
METROPOLITAN
BOROUGH COUNCIL

This leaflet gives details of a range of support services for people experiencing mental health issues, and for their carers. The services listed in this leaflet are ones you can contact directly without a referral from a health or care professional.

IMPORTANT: If you, or the person you care for, want to access specialist services which are provided by Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT) you will need to ask your GP to refer you.

Here are the topics covered in this leaflet:

1. Information and advice
2. Supporting health and wellbeing
3. Advocacy
4. Domestic abuse
5. Support for carers
6. Support during pregnancy and after birth
7. Counselling, psychology services and self-help
8. Substance use
9. Out of hours support

You may also find it useful to read our leaflet called 'Supporting adults in Solihull with mental health concerns'. You can find this on Solihull Council's website [here](#). This explains the different types of support available, including social and medical support available through Solihull Council and your GP.

1. Information and advice

Community Advice Hubs

Based in The Core and Chelmsley Wood libraries, Community Advice Hubs offer specialist mental health services (in partnership with Solihull Mind) including benefits and debt advice and outreach workers. Appointments should be made through the Community Advice Hubs (see contact details below).

Also available at The Core (by appointment with the relevant service) are:

- Birmingham and Solihull Women's Aid
- Rape and Sexual Violence Project (RSVP)
- Improving Access to Psychological Therapies (IAPT)
- Birmingham LGBT drop-in

Community Advice Hubs are Hate Crime reporting centres and part of the Safe Place Scheme for people living with a learning difficulty.

Opening hours and contact details:

The Core - Monday to Friday 10am to 4pm (3pm on Wednesdays)

Chelmsley Wood – Monday to Friday 10am to 4pm (2pm on Wednesdays)

Call: 0121 709 7590

Email: admin@solihullcommunityhub.org.uk

Recovery College for All

The college offers a range of sessions for people using mental health services, their carers, families and staff. The sessions have been developed in collaboration with, and for, people affected by mental health issues. Topics include mental health first aid, mindfulness, coping in a crisis and living with bipolar disorder.

Recovery College for All is built on the belief that learning together makes us stronger and supports our recovery. You don't need any formal qualifications or experience to attend the college.

Contact details and venues:

Three Trees Community Centre: Hedingham Grove, Chelmund's Cross B37 7TP

and

Uffculme Centre, Queensbridge Road, Moseley, Birmingham B13 8QY

Email: recovery.college@bsmhft.nhs.uk

Call: 0121 301 1040

<https://www.bsmhft.nhs.uk/service-user-and-carer/recovery/recovery-college/>

Solihull Mind

Solihull Mind is the local voluntary sector organisation for mental health in the borough.

Their services cover three main areas: practical help, support and social/leisure services. All services are provided free of charge and are self-referral so you don't need a letter from a GP, social worker etc. although you can ask someone else to make the first contact if that is easier for you.

OASIS (Open Access Support and Information Service) is Solihull Mind's drop-in social support. It is open on:

- Mondays, Wednesdays, and Thursdays between 12noon and 5pm
- Tuesday evenings from 7pm to 10pm
- Saturdays and Sundays from 12noon to 6pm

There is a women only drop-in session on Friday afternoons between 12:30pm and 3pm facilitated by two female volunteers.

You'll find more about other Solihull MIND services listed relevant headings below.

Contact details:

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

www.solihullmind.org.uk

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

Call: 0121 742 4941

2. Supporting health and wellbeing

The following organisations can help to find meaningful social or physical activities that may improve a person's health and wellbeing. In this section we have also included groups or organisations offering social contact and support through drop-ins, support groups and befriending.

Bosworth Community Centre

Bosworth Community Centre is a thriving community centre based in Chelmsley Wood, North Solihull offering a range of services available to all.

Focusing on health and wellbeing of local people Bosworth offers initiatives such as health walks, weight management, exercise classes and also lunch clubs. With friendly staff on hand to answer and support with any queries they aim to ensure they have something of interest to you.

Contact details:

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

Email: Jasvinder.sandhu@accordgroup.org.uk

Call: 0121 7708570

Family Care Trust mental health drop-in

First Steps is a free weekly drop-in service for adults, currently based at Coleshill Heath School, Lime Grove, Chelmsley Wood B37 7PY every Friday from 10am to 3pm.

The drop-in provides activities, music and group coach trips plus community meals at Christmas at a choice of venues. The aim is to provide a social environment for adults with mental health issues in need of social interaction and therapeutic activities to combat isolation.

Contact details

www.familycaretrust.co.uk

Email: enquiries@familycaretrust.co.uk

Call: First Steps Befriending Co-ordinator 07977 934467

Solihull Active

Solihull Active provides a wide range of physical activity and sport projects across the borough. 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.

Contact details:

www.solihullactive.co.uk

Call: 0121 704 8207

Email: **solihullactive@solihull.gov.uk**

Solihull Integrated Lifestyle Service

You can access a range of health and wellbeing advice and support to help you make positive lifestyle changes. After an initial assessment, you'll work with a Community Wellbeing Adviser who will help you identify the lifestyle changes you can make, and then give you encouragement, motivation and practical help to make those changes.

Solihull Integrated Lifestyle Service is delivered by Gateway Family Services, in partnership with others, including a number of local community organisations.

Contact details:

Call: 0800 599 9880

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 (see Section 1 above)

- Meals available on Wednesdays, Saturdays and Sundays (small charge)
- Football, music club, arts and crafts
- Computer training
- Horticulture

Contact details:

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

www.solihullmind.org.uk

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

Call: 0121 742 4941

OutMinds

This social support group is run by Solihull Mind and is open to anyone living in Solihull who identifies as lesbian, gay, bisexual, transgender or questioning their sexuality.

The group is completely confidential. For details of when and where the group is run, please get in touch with Solihull Mind (see contact details as above).

Three Trees Community Centre

Three Trees has a regular programme of activities each week, as well as frequent special events. Some groups are referrals only, some are full! Call the centre for more information or contact the group direct.

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

www.3trees.org.uk

Call: 0121 770 8590

3. Advocacy

Solihull First Advocacy

We provide a statutory and community mental health advocacy service.

Appointments can be made at the Community Advice Hubs in The Core and the Chelmsley Wood Library for Tuesdays.

Drop-in sessions are available:

- Lyndon Clinic, Hobs Meadow B92 8PW on Wednesdays 12.30pm to 3pm
- Newington Clinic on Thursdays from 10.30am to 12.30pm

For more information please call 0121 296 4277.

4. 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.

Birmingham and Solihull Women's Aid and Victim Support offer free and confidential local specialist information, advice and support if you are experiencing domestic abuse. See contact numbers below or visit <https://www.solihull.gov.uk/domesticabuse>

Services for female victims

Birmingham & Solihull Women's Aid:

Helpline (Mon - Fri) 0808 800 0028

Support Service: 0121 722 2142

Freephone 24 Hour National Domestic Violence Helpline - for support and help to access refuge accommodation 0121 742 4515

Services for male victims

Talk it over 0808 801 0327 (Freephone Monday to Friday 9am to 5pm)

www.mensadviceline.org.uk

5. Support for carers

In this section, you can find a range of services for carers who support people with mental health concerns. The Recovery College for All (listed on page 4 above) also runs courses for carers.

Caring for Carers Programme

This is a six-week course looking at problem solving, medication, communication, what to do in a crisis and how to access services.

If you live in the south of the borough, contact the Lyndon Community Mental Health Team on 0121 301 4800.

If you live in the north of Solihull, contact the Newington Community Mental Health Team on 0121 301 4950.

Carer Information and Support

Run by Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT) this group offers the chance to meet with other carers, get mutual support and 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.

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.

Solihull Rethink Carers' Group

This group meets on the third Monday of every month, excluding August & December. Tea and coffee are provided and the meeting starts at 6.45pm. All are welcome to drop in. Parking available at the side entrance on Station Approach.

Contact details:

Venue: Rear of Solihull Fire Station (but access at the front on Streetsbrook Road) 620 Streetsbrook Road, Solihull B911QY

Email: solihullgroup@rethink.org

Call: 07871 708013 (group)

6. Support during pregnancy and after birth

Pregnancy and having a baby are major life events that can be challenging for mental wellbeing. If you are pregnant and are feeling low or anxious, your midwife (anytime in pregnancy) or health visitor (in late pregnancy) can offer support and signpost to services that can help.

After the baby is born, health visitors can be an important support to new parents who are experiencing mental health issues, including low mood, depression and anxiety.

If you have any concerns, please speak to your health visitor. You can also find more information including contact details at <https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting-solihull>

7. Substance use

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

Call in confidence on 0121 301 4141 or email help@sias-solihull.org.uk

8. 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.

Solihull Bereavement Counselling Service provides a confidential bereavement counselling service for people living or working in Solihull. Contact the service directly 0121 424 5103

Solihull Mind offers a free, confidential counselling service. A variety of counselling techniques are used, and the service is provided by the Solihull Mind counsellor and a range of trained volunteers. You can self refer by contacting Mind directly by phone or email. See page 4 for contact details.

Group and individual therapy

If depression or anxiety is causing personal, social or work problems, you may want to contact the Improving Access to Psychological Therapy (IAPT) services. These are for people with mild, moderate and moderate to severe symptoms of anxiety or depression, living in Solihull, Coventry or Warwickshire.

Contact details

<https://www.covwarkpt.nhs.uk/iapt>

Email: enquiries@covwarkpt.nhs.uk

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

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.

To find your local library visit **www.solihull.gov.uk/libraries**

9. Out-of-hours support

For urgent medical advice, call the NHS Helpline on 111.

For urgent help from Solihull Council's adult social care team call the Emergency Duty Social Work Team on 0121 605 6060.

Hopeline UK 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: 07786 209697

Email: pat@papyrus-uk.org

<https://papyrus-uk.org/hopelineuk/>

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

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

Solihull Mind runs a crisis drop-in on Friday, Saturday and Sunday from 6pm to 10pm. No need to be referred just turn up.

Visit Solihull Mind at 14/16 Faulkner Road B92 8SY or call 0121 742 4941.



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