



Are you a Solihull
care leaver
struggling with your
mental health?



Are you with a GP
practice in Solihull?

Come in every first
Tuesday of the month
10am-3pm

For a 60 minute
conversation with a mental
health nurse
about mental health &
wellbeing

We are offering:

- One-to-one chat with a mental health nurse
- Signposting to mental health services
- Support with accessing other services like housing and finance



Use QR code
to book



Contact us
0121 3014 988



Location
Chelmunds place
Chester Road
B37 7TW

