

## Adult Health/ Mental Health /Vulnerable Adults

<b>Community network support officer</b>	Provide a link for Individuals and families who could be identified as requiring minimal / low risk support – helping them to connect with any Organisation and Community groups in order to change and improve their situation to remain independent Provide advice, information, signposting and support – taking time with people in the Community Work with those 18+	Email <a href="mailto:CommunityNetworkSupportTeam@birmingham.gov.uk">CommunityNetworkSupportTeam@birmingham.gov.uk</a>	City wide with workers in localities
<b>Social prescribers</b>	Linked to GP surgeries and support people with social needs. Accessed via GP		City wide
<b>Witton Lodge</b>	Talking therapies	<a href="https://wittonlodge.org.uk/our-projects/living-well/supporting-you/">https://wittonlodge.org.uk/our-projects/living-well/supporting-you/</a> For more information on about these services, please contact the Living Well Team on 0121 382 1930 between 9am-5pm, Monday to Friday, or email <a href="mailto:Fauzia.Begum@wittonlodge.org.uk">Fauzia.Begum@wittonlodge.org.uk</a>	Perry common area
<b>Birmingham Healthy Minds</b>	Adults and young people over 16 with anxiety and depression can self-refer	<a href="https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/">https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/</a> call 0121 301 2525.or use online referral	City wide
<b>Living Well consortium</b>	Broad range of therapies and alternative ways to improve mental health	<a href="https://livingwellconsortium.com/">https://livingwellconsortium.com/</a>	City wide
<b>Local Children's Centre for parents of children under 5 only</b>	Hug in a Mug well-being groups Walking for well-being group	Call for more information Castle vale 01217521920 Lakeside Lakes road (Erdington) 01217521920 Featherstone Highcroft Road Erdington 01217521870	Erdington Locality

<b>Birmingham Centre for Art Therapies</b>	Provide a wide range of art therapies Free 12 session therapy through arts programme for those suffering emotional and mental issues	<a href="http://www.bcat.info/projects.html">http://www.bcat.info/projects.html</a> click on poster for referral form	City wide
<b>Bethel Health and Healing Network-Rapha Listening service</b>	Provide listeners for phone or online chat . up to 8- 45 min listening sessions	To request the service go online <a href="https://www.bethelnetwork.org.uk/rapha-services/">https://www.bethelnetwork.org.uk/rapha-services/</a>	City wide
<b>Birmingham and Solihull Mental Health help line operated by Mind</b>	The Helpline provides advice and information to people experiencing mental health difficulties, their families, professionals and the wider public.	Call <b>0121 262 3555</b> The service operates 24/7	City wide
<b>New Heights</b>	The Imagine Group. An activity based peer support group for those with mental health issues such as anxiety and depression. New members are very welcome.	For more information please contact Kevin on: 0121 353 6544 or email <a href="mailto:kevin@imaginegroup.plus.com">kevin@imaginegroup.plus.com</a>	Kingstanding
<b>Samaritans</b>	National helpline for those in crisis	CALL 116 123 Or email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> for a reply within 24 hours	National
<b>SHOUT 85258</b>	Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope	TEXT "SHOUT" TO 85258	National

Forward Thinking Birmingham works with young people up to age of 25 –see Guide to Mental Health Services in Birmingham (on Compass Support website)