



NHS

**Birmingham and Solihull
Mental Health**
NHS Foundation Trust

Birmingham Healthy Minds

Patient information leaflet

Call us on 0121 301 2525



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Testimonials from people who have received a service from Birmingham Healthy Minds

“My experience has been very positive in every aspect. I have been totally supported. Cognitive behavioural therapy is very hands on and I have learnt about my mental health difficulties and have many coping mechanisms now – thank you.”

“I had reservations about CBT at the start. I have none now! I see it’s a process and it’s one that has been so helpful and will continue to be a skill I can use.”

“Superb skills for life, better than any medication.”

“I found all the workshops helpful to me and all the techniques I learnt very helpful.”

“Service is excellent – appreciated group interaction.”

“Altogether very good service, friendly and professional staff and effective treatment and advice.”

“Provided useful links and books. Good use of information sheets given out.”

“Appointment at 6pm was brilliant – thanks. The service tailored what I needed for my own

What does Birmingham Healthy Minds do?

Birmingham Healthy Minds (BHM) is an NHS primary care talking therapies service that works closely with Birmingham GPs. BHM offers advice, information and brief psychological therapies for people aged 16 and over, who are often feeling anxious, low in mood or depressed.

How do I know if BHM service is right for me?

Can you identify with any of the following thoughts or feelings, persistently over the last two weeks?

- Feeling low and unhappy for much of the time.
- Unable to control feelings of anxiety or panic.
- Feeling stressed in general and not sure how to cope.
- Worried about changes in your thoughts and behaviour.

If so, our service may be able to help.



How do I access BHM service?

There are five different ways to choose from.

1. You can refer yourself by calling our service on 0121 301 2525.

Press option 1 if your GP is located in the Birmingham east and north area.

Press option 2 if your GP is located in the central area.

Press option 3 if your GP is located in the south of Birmingham.

Calls are taken between 9.30am and 4.30pm, Monday to Friday excluding Bank Holidays.

2. You can refer yourself by texting 'BHM' to 60777.

By texting us on 60777, you are agreeing for Birmingham Healthy Minds to contact you (who are part of Birmingham and Solihull Mental Health NHS Foundation Trust) to receive further information on our service. This will cost you the price of standard rate text message.

3. You can refer yourself online by visiting our website at **www.birminghamhealthyminds.org** where you can also download many of our self-help and advice booklets on anxiety, depression, and other common mental health conditions.

4. Your GP can also refer you by sending us your details to notify us of any special requirements you may have in accessing our service. For example, if English is not your first language and you require an interpreter.

5. You can attend the walk-in service which operates across Birmingham from different locations and days, please call 0121 301 2525 for more information or visit our website: **www.birminghamhealthyminds.org**



What can I expect when I contact BHM?

Once we have your contact details, we will offer an assessment; this is to find out more about what help you need. We have three options for how you can provide this information:

- Telephone assessment: one of our BHM practitioners can call you at an agreed time.
- Access clinics to meet a BHM practitioner: you can come and see us at one of our access clinics.
- Completing a self-assessment form: we can send you a form for you to complete and send back.

Once you have been assessed, your treatment plan will be discussed with you to enable you to have the right help for your situation.

BHM staff can offer the following help

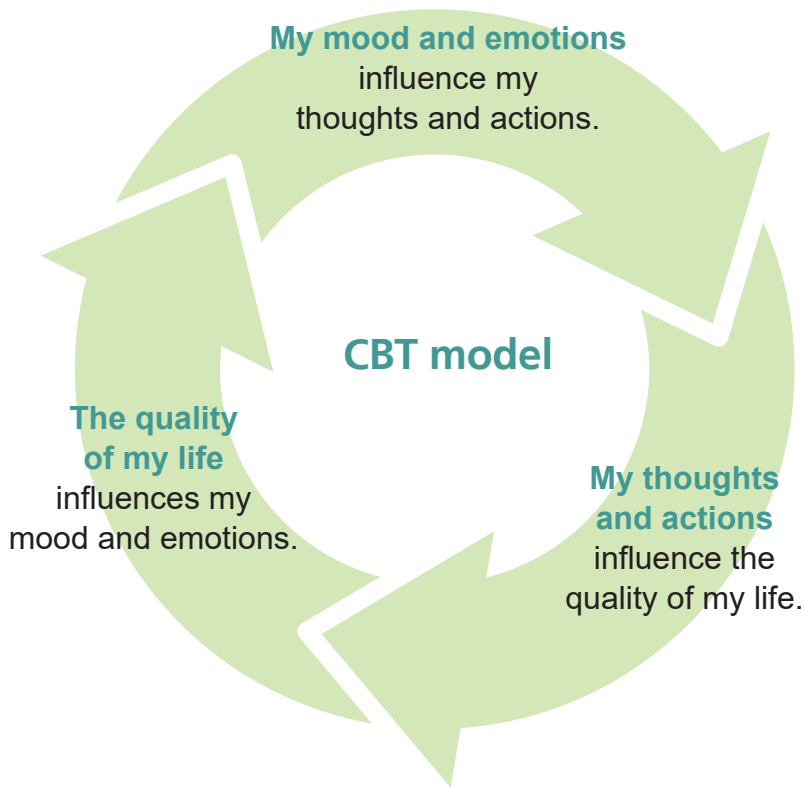
We have staff trained in:

- cognitive behavioural therapy (CBT), which helps you identify negative thought patterns, behaviours and feelings
- mindfulness, which can teach you ways of reducing stress, improving confidence and self-acceptance
- behavioural couple therapy for depression, when you and your partner might want to be seen together
- psycho-educational workshops to help you improve your wellbeing and mental health
- computerised CBT web-based programmes which you can have support with to complete online
- interpersonal therapy (IPT)
- eye movement desensitisation reprogramming (EMDR)
- dynamic interpersonal therapy (DIT).

We can also provide information about helpful books and self-help guides. The CBT programme helps you identify thoughts, emotions and behaviour patterns that you may want to change.

We can tailor our interventions to meet the needs of our patients and deliver bespoke group interventions to meet the differing needs of younger and older people and of people from a black and minority ethnic background.





How long will it take?

Timings can vary but normally:

- assessment appointments may take up to 30 minutes
- any subsequent treatment appointments may take up to 50 minutes
- group sessions will vary in length of time and frequency of sessions.

How will I know if it is helping me?

You will set goals with your practitioner and your progress will be reviewed through discussion. In addition you will be asked regularly to complete short, simple questionnaires, which are designed to monitor your progress.

When our service may not be the best service for you

Our service may not be the best for you if you are experiencing difficulties which many other expert organisations can help you with. For example, Relate for relationship difficulties, Cruse Bereavement Care for bereavement counselling and the National Debtline if you have debt or gambling problems. Please see page 10 for contact details of these organisations.

It is not usually helpful to offer you a service if you are already under the care of other mental health services or seeing a counsellor or therapist. We are unable to see people who require urgent care.

Working with our voluntary sector partners

BHM works in close partnership with a number of organisations in Birmingham. If we feel these organisations are better suited to your needs, then we will refer you to them.



Confidentiality

Meetings or telephone calls will be confidential. Your contact with us will be stored on a secure NHS computer database and we will share information with your GP. Please ask our staff if you have any questions about confidentiality.

We want our service to be the best

Your views and experience of our service is important to us. We welcome your feedback and ask that you complete an evaluation form at the end of your treatment with us. We also invite you to feedback anytime directly via email, telephone or in writing:

Clinical Services Manager

Shenley Fields Centre
15 Shenley Fields Drive
Northfield
Birmingham
B31 1XH

Telephone: 0121 301 2525

Website: www.birminghamhealthyminds.org

Email: bsmhft.bhm@nhs.net

You may also contact the Customer Relations Service:

Tel: 0800 953 0045 or 0121 678 4455

Text: 07985 883 509

Email: bsmhft.customerrelations@nhs.net

Additional sources of help

Birmingham Healthy Minds

Check out the BHM website (www.birminghamhealthyminds.org) for useful self-help materials and links to the **NHS Choices** pages on mental health and wellbeing.

Acacia Family Support:

support for pre and postnatal depression for families across Birmingham.
Telephone: 0121 301 5990
Website: www.acacia.org.uk

Aquarius: for people up to the age of 17 ½ with alcohol problems.
Telephone: 0121 414 0888
Website: www.aquarius.org.uk

Birmingham Age Concern

Telephone: 0800 055 6112
Website: www.birmingham.gov.uk/carers-centre

Birmingham Drug and Alcohol Action Team

Telephone: 0800 073 0817
Website: www.bdaat.co.uk

Birmingham and Solihull

Women's Aid: for women affected by domestic violence and sexual abuse.
Telephone: 0808 800 0028
Website: www.bswaid.org

Citizens' Advice Bureau

Telephone: 0344 411 1444
Website: www.citizensadvice.org.uk

Cruse Bereavement Care

Telephone: 0121 687 8010
Website: www.cruse.org.uk

Edward's Trust Sunrise:

supporting children and families during serious illness and bereavement.
Telephone: 0121 454 1705
Website: www.edwardstrust.org.uk

Emergency Refuge:

accommodation for women.
Telephone: 0800 111 4223
Website: www.reachthecharity.org.uk/our-services/domestic-abuse

National Debtline:

free expert advice.

Telephone: 0808 808 4000

Website:

www.nationaldebtline.co.uk

No Panic: free phone helpline for people suffering with anxiety.

Telephone: 0844 967 4848

Website: www.nopanic.org.uk

Reach Out Recovery (Change Grow Live): for people over the age of 17 ½ with alcohol problems.

Telephone: 0121 227 5890

Website: www.changegrowlive.org/content/reach-out-recovery-birmingham

Relate: relationship counselling.

Telephone: 0121 643 1638

Website: www.relate.org.uk

Samaritans: 24-hour emotional support, for any problem, big or small.

Telephone: 116 123

Website: www.samaritans.org

Survivors of bereavement by suicide

Telephone: 0300 111 5065

Website: www.uk-sobs.org.uk

Victim Support Birmingham

Telephone: 0845 303 0900

Website: www.victimsupport.org.uk



SMOKEFREE

We are a smokefree trust

www.bsmhft.nhs.uk

Main switchboard: 0121 301 0000