



**NHS**

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

# Are you feeling anxious, stressed or depressed?

Contact **Birmingham Healthy Minds**,  
a free NHS talking therapy service for  
anyone who is 16 or over and registered  
with a Birmingham GP.

You can access the service in a number of ways, by:

- GP referral
- self-referral at **[bhmselfreferral.bsmhft.nhs.uk/bhm](https://bhmselfreferral.bsmhft.nhs.uk/bhm)**
- emailing\* us at **[bsmhft.bhm@nhs.net](mailto:bsmhft.bhm@nhs.net)**
- calling us on **0121 301 2525**
- texting\*\* 'BHM' to 60777
- requesting a call-back via our online form  
at **[www.birminghamhealthyminds.org](http://www.birminghamhealthyminds.org)**
- visiting one of our walk-in centres  
see information overleaf.



# BHM walk-in services

## **Warren Farm Road Health Centre**

Warren Farm Road  
Kingstanding  
Birmingham  
B44 0PU

Opening hours: Mondays,  
12 midday to 2pm

## **West Heath Medical Centre**

194–196 West Heath Road  
Northfield  
Birmingham  
B31 3HB

Opening hours: Fortnightly  
on Thursdays, 1pm to 3pm

# Amman walk-in services

## **Sparkhill Primary Care Centre**

856 Stratford Road  
Sparkhill  
Birmingham  
B11 4BW

Opening hours: Tuesdays,  
9.30am to 11.30am

## **Soho Road Health Centre**

Ground floor  
247–251 Soho Road  
Birmingham  
B21 9RY

Opening hours:  
Wednesdays, 9.30am to  
11.30am

\*Please be aware that should you choose to email us we cannot guarantee the security of the contents of your email while in transit to us. \*\*Your text will cost the price of a standard rate text message. By texting us, you are agreeing to receive further information on our service.