

**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**
- emailing* us at **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**
- visiting one of our walk-in centres
see information overleaf.

