

BIRMINGHAM AND SOLIHULL

LOCAL MENTAL HEALTH SERVICES & COMMUNITY GROUPS

MENTAL HEALTH SERVICES



Birmingham and Solihull Mental Health

<https://www.bsmhft.nhs.uk>

0121 262 3555

Mind Birmingham

<https://birminghammind.org>

0121 262 3555 or email help@birminghammind.org

Compass Birmingham

<https://compass-uk.org>

0121 227 8254

COMMUNITY GROUPS

Living Well Consortium UK

<https://livingwellconsortium.com>

0121 663 1217

Solihull Community Hub

<https://solihullcommunityhub.org.uk>

0121 709 7590

Adult Community Mental Health Teams

<https://www.bshft.nhs.uk>

Contains a list of contacts for Community Groups