



**NHS**

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

# Birmingham Healthy Minds

January 2023



Birmingham Healthy Minds (BHM) is a talking therapies service for individuals who are 16 years and over with a Birmingham GP, who are affected by mild-moderate, moderate-severe common mental health problems including depression, obsessive compulsive disorder, trauma, anxiety, panic, social anxiety or social phobia.

Individuals should be presenting with low or no risk and motivated to engage with psychological interventions.

BHM may not be the right service for an individual when there is an active or imminent risk of harm to themselves or others, they are currently under the care of secondary mental health services, or have a diagnosis of serious mental illness.

We are unable to provide long term support or offer therapy to those who have current, significant alcohol/substance misuse that impairs ability to engage in psychological interventions.

## Accessing the service

### GP/professional referral

- Send referral form to [bsmhft.bhm@nhs.net](mailto:bsmhft.bhm@nhs.net)



### Self-referral routes

- Email [bhm@bsmhft.nhs.uk](mailto:bhm@bsmhft.nhs.uk)
- Phone 0121 301 2525
- Text 'BHM' to 60777
- Request a call-back via our online form
- Complete our online referral form at [www.birminghamhealthyminds.org](http://www.birminghamhealthyminds.org)
- Visit one of our walk-in centres:



- ◆ Warren Farm Road Health Centre, Warren Farm Road, Kingstanding, Birmingham, B44 0PU. Open Mondays 12–2pm.
- ◆ Sparkhill Primary Care Centre, 856 Stratford Road, Sparkhill, Birmingham, B11 4BW. Open Tuesdays 9.30–11.30am.
- ◆ Soho Road Health Centre, Ground Floor, 247–251 Soho Road, Birmingham, B21 9RY. Open Wednesdays 9.30–11.30am.

If in doubt about whether BHM is the right service for your patient, please discuss first with a BHM practitioner on **0121 301 2525** or email [bsmhft.bhm@nhs.net](mailto:bsmhft.bhm@nhs.net)

## What we offer

### Low-intensity interventions including:

- ✓ Books on prescription (bibliotherapy)
- ✓ Self-help materials (with or without support from a BHM practitioner)
- ✓ Computerised Cognitive Behavioural Therapy with/without support from a BHM practitioner (SilverCloud)
- ✓ Direct to digital (Computerised Cognitive Behavioural Therapy) pathway via our website – no assessment needed!
- ✓ Workshops e.g. Psychological Wellbeing, Anxiety, Depression, South Asian Women's Group, Anxiety for Older People, Staying Well at Work, Introduction to CBT, monthly drop-in clinic for South Asian men and South Asian women
- ✓ Brief one-to-one Cognitive Behavioural Intervention



### High-intensity interventions including:

- ✓ Individual CBT
- ✓ CBT group programmes for depression, anxiety, OCD, anger, introduction to CBT for trauma
- ✓ Other group interventions include Mindfulness-Based Cognitive Therapy and Compassion-Focused Therapy Group
- ✓ Couples therapy for depression
- ✓ Counselling for depression
- ✓ Dynamic Interpersonal Therapy
- ✓ Interpersonal Therapy



[www.birminghamhealthyminds.org](http://www.birminghamhealthyminds.org) | 0121 301 2525  
Secure email: [bsmhft.bhm@nhs.net](mailto:bsmhft.bhm@nhs.net)