



Birmingham Healthy Minds



Take the first step...

Birmingham  Consortium



What does Birmingham Healthy Minds do?

Birmingham Healthy Minds (BHM) is an NHS Improving Access Psychological Therapy (IAPT) compliant primary care psychological therapies service that works closely with Birmingham GPs. BHM is an advice, information and brief psychological talking therapy service that works with people aged 16 and over, who are often feeling anxious, low in mood or depressed. For more information, please visit our website at www.birminghamhealthyminds.org

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

Can you identify with 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 or
- noticing significant changes in thinking and behaviour and wanting help to change.

If so, our service may be able to help.

BHM staff can offer the following interventions

A choice of telephone support, wellbeing workshops, psychological educational groups, group therapy or one to one therapy is on offer based on your assessed need.

We aim to provide you with:

- Information to help you manage your problems,
- increased problem solving skills,
- self-help guides using computers and other resources,
- 'books on prescription' – a range of helpful books available at your local library,
- wellbeing workshops,

- brief therapy groups,
- brief psychological interventions on a one to one basis,
- Cognitive Behavioural Therapy and
- other recommended psychological therapies for anxiety and depression.

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, some of which are listed on this leaflet, can help you with. For example, Relate for relationship difficulties, Cruse for bereavement counselling and Debt Line if you have debt or gambling problems.

We will not be able to offer you a service if you are already under the care of other services or seeing a counsellor or therapist.

We cannot see people under the influence of drugs and alcohol and are unable to see people who require urgent care. If you are feeling very distressed, please see your GP who can direct you to a more suitable service for you.

Working with our third sector partners

If the BHM service is not the most suitable one to help you, or you need more than we are able to offer, we can direct you to alternative local community services that are better suited to meet your needs. We have built strong partnerships with Birmingham Mental Health Consortium and currently work with Acacia, Icap, My Time, Pattigift and St Martin's Centre in the Bullring.

How do I access BHM Service?

Your GP can refer you to us by sending us your details or you can ask your GP to send a referral on your behalf to notify us of any special requirements in accessing our service. For example if English is not your first language and you require an interpreter, or if you feel a telephone appointment will be difficult for you.

Alternatively, once your GP has given you this leaflet you can refer yourself by calling our service on **0121 301 2525** (please note that your GP will need to provide you with your NHS number and a surgery stamp on this leaflet). We will be able to answer your call between 9.30am and 4.30pm, Monday to Friday.

What can I expect?

When you call, we will arrange a telephone appointment for you with a member of Birmingham Healthy Minds so you can talk about things in confidence. We will listen carefully and ask questions to help you begin to make some decisions about what you need and what will help.

If your GP has referred you, we will write to you and offer you an appointment.

How long will it take?

Your telephone appointment may take up to 30 minutes. Subsequent appointments may take up to 50 minutes per session. Your treatment plan will be discussed with you and will include the number of sessions that you may need.

Although we will try to see you as soon as we can, our service has a high level of demand and we apologise if you need to wait for treatment.

How will I know if it is helping me?

You will set goals with your worker 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.

BHM staff members

Our team includes support time and recovery workers who are able to provide support and build networks within the local community.

We have a number of IAPT trained staff, which includes:

- Psychological wellbeing practitioners, trained to provide a range of interventions as listed,
- primary care psychological therapists, who have a postgraduate diploma in Cognitive Behavioural Therapy (CBT).

In addition, we have a number of highly trained and experienced psychologists and mental health practitioners who work in collaboration with the IAPT trained staff to provide alternative evidence-based treatment options under the stepped care model. Operating this model ensures that the most appropriate BHM staff member will see you. All our staff receive clinical supervision and our service follows trust clinical governance guidelines.

For more information about IAPT, please ask our staff or visit the website at www.iapt.nhs.uk

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 feed back anytime directly via email, telephone or in writing:

Email: BHM@bsmhft.nhs.uk

Telephone: 0121 301 2525 (option 2, general enquiry)

Address: The service manager, Shenley Fields day centre,
15 Shenley Fields Drive, Northfield, Birmingham, B31 1XH

Contact us

To be completed by GP or reception staff

NHS number:

Surgery stamp:

Please contact a member of the Birmingham Healthy Minds team on:

0121 301 2525

Monday to Friday, 9.30am to 4.30pm

Additional sources of help

Aquarius: For people concerned about their own, or someone else's alcohol problem
– 0121 414 0888

Birmingham Carers Helpline – 0121 675 8000

Birmingham Drug and Alcohol Action Team - 0800 073 0817

Birmingham Women's Aid: For women affected by domestic violence and sexual abuse – 0121 685 8550

Emergency Refugee Accommodation for Women – 0800 111 4223

Citizens' Advice Bureau - 08444 771 010

Cruse Bereavement Care - 0121 687 8010

Debtline: free expert advice - 0808 808 4000

No Panic: free phone helpline for people suffering with anxiety – 0808 808 0545
(10am-10pm)

Patient Advice and Liaison Service (PALS): our trust's support and information line from 8am to 8pm, Monday to Friday - 0800 953 0045

Relate: Relationship counselling - 0121 643 1638

Samaritans: 24 hour emotional support, for any problem, big or small -
08457 90 90 90 or 0121 666 6644

Sunrise Child Bereavement Centre - 0121 454 1705

Victim Support:

South Birmingham - 0121 702 1660

Birmingham East and North - 0121 386 4300

Heart of Birmingham - 0121 455 8211

getting better together