

a listing of phone numbers for key agencies in Birmingham and Solihull where you can get advice, help and information about Mental Health issues.

# Buzz Guide

2008-2009

Free



Positive Mental Health Group would like to thank the following organisation for their generous support:



... also thanks to  
Mental Health Promotion Department,  
User Voice, PALS and BVSC.

Please feel free to make copies of this Buzz Guide but note that the PMHG cannot accept responsibility if numbers change.

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## positive about mental health

### Accommodation, Homeless Advice & Guidance

Adullam Homes	0121 551 5030
Citizens Advice Bureau	0121 248 4950
Birmingham City Mission Resource Centre	0121 643 4324
Community Advocacy, Support & Advice (C.A.S.A)	0121 440 5022/ 07761 238314
Focus Foyer	0121 236 6298
Focus Housing Homeless Service Centre	0121 233 6370
Salvation Army	0121 236 6554
Shelter Housing Aid	0121 236 6668
Snow Hill Centre	0121 233 2599
St Anne's Hostel	0121 772 4406
St Basil's 24hr Helpline Emergency Housing for Homeless Females	0800 068 7499
St Basil's 24hr Helpline Emergency Housing for Homeless Males	0800 056 4034
Trinity Housing Resource Centre	0121 554 8745

### Advocacy, Advice & User Groups

Birmingham Carers Helpline	0121 675 8000
Birmingham Citizen Advocacy	0121 440 2029
Birmingham City Council (BCC) Neighbourhood Offices And Information Services General Enquiries Number	0121 303 1111
MIND in Birmingham	0121 608 8001
North Birmingham Advocacy	0121 685 8899
Patient Advice & Liaison Service (PALS)	0800 953 0045
Rethink	0845 456 0455
User Voice	0800 694 0212

### Communities African Caribbean

Axis Resource Centre	0121 464 4133
COPE Black Mental Health Foundation	0121 356 9494
Focus Futures	0121 356 9717
Omnicare Community Services	0121 554 4755
Servol Community Trust	0121 454 3081

### Asian

Asian Resource Centre	0121 523 0580
Bharosa Helpline	0121 303 0368/0369
Diversity Department at Birmingham and Solihull Mental Health NHS Foundation Trust	0121 301 1060
Golden Hillock Community Centre	0121 753 2838
Main Street Resource Centre	0121 678 3600
Muslim Youth Helpline	0800 808 2008
Rethink Asian Language Mental Health Helpline	0808 800 2073
Stratford Road Resource Centre	0121 678 3500
The Doli Project	0845 658 1057
UK Asian Women's Centre	0121 523 4910

### Chinese

Birmingham Chinese Community Centre	0121 685 8510
Chinese Mental Health Services	0121 248 4411

### Irish

Birmingham Irish Community Forum	0121 622 4102
Irish Welfare & Information Centre	0121 604 6111

## be positive! join the Positive Mental Health Group



### Drugs & Alcohol

Alcoholics Anonymous Helpline	0121 212 0111
Aquarius Community Alcohol Teams: North Birmingham	0121 685 6340
Aquarius Community Alcohol Teams: South Birmingham	0121 414 0888
Azaadi (Birmingham East) Community Drug Team	0121 685 7133
Birmingham Drugline	0121 632 6363
Connect West Midlands	0845 120 3745
FRANK	0800 776600
Mary Street Centre (Birmingham South) Community Drug Team	0121 440 4444
Osbourne House - Substance Misuse Services inc. Birmingham West Community Drugs Team	0121 685 1660
Slade Road (Birmingham North) Community Drug Team	0121 685 6400
Supporting Independence from Alcohol (SIFA)	0121 666 7023
Terrance Community Drugs Team	0121 301 1660
Turning Point EESPRO	0121 771 0544

### Education, Employment & Training For People With Learning Disabilities And Those Experiencing Mental Health Problems

Birmingham Disability Resource Centre	0121 789 7365
Birmingham Rathbone	0121 684 0202
BITA Pathways- Work and Training	0121 773 1455
Dyslexia Association Birmingham	0121 643 3737
Employment Needs Training Agency (ENTA)	0121 359 6776
Employment Preparation Team (Social Care)	0121 303 8479
Learning And Work Services/Social Inclusion Team at Birmingham and Solihull Mental Health NHS Foundation Trust	0121 678 2700
Mitre Employment Services	0121 303 4431
Park Lane Garden Centre	0121 685 7127
People First	0121 678 8857
People in Partnership	0121 440 4685
Pertemps People Development Group	0121 236 4286
Work Directions	0800 587 5666 or 0121 329 7333
Work in Progress	0800 7310 356

## Opportunities for all

### Families, Friends & Carers

Bangla & Sheba Support For Carers	0121 303 6788
Birmingham Carers Helpline	0121 675 8000
Birmingham Relate Centre	0121 643 1638
Dementia Information & Support for Carers	0121 554 9355
Home Start West Midlands Regional Office	0116 233 9955
NCH Young Carers Project	0121 686 4071
North Birmingham Carers Support Group	0121 685 6089
Rethink Information and Support Centre	0121 326 7929
Rethink Confidential Telephone Helpline	0121 236 4286

### Housing Support

Ashram Group	0845 130 6110
Family Housing Association	0121 766 1100
FCH Housing & Care	0121 506 2800
Focus Futures Tenancy Support Team	0121 322 6610
Future Health & Social Care	0121 410 6080
Moseley & District Churches Housing Association	0121 442 5000
Nehemiah Housing Association	0121 358 0966
Nisa-Ashram	0121 772 3356
Servite Houses	0121 444 6666
Trident Housing	0121 633 4633

### Legal Services

Community Legal Services/ Advice Helpline	0845 345 4345
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Birmingham and Solihull Mental Health NHS Foundation Trust

Check our patient and carer section and online Buzz Guide at [www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)





## Leisure, Sports, Arts

Birmingham Tourism Centre & Ticket Shop	0870 225 0127
Blipart Internet Club	0121 685 6640
Brainstorm Music Nights	0121 678 2807
Community Projects Team	0121 773 2922
Creatives - Social Inclusion BSMHT	0121 678 2700
CSV Environment	0121 327 4945
Full Potential Arts	0121 446 6829
Karaoke (North Birmingham carers)	0121 685 6089 or 07985 882 803
Birmingham City Council Leisure Line/ Passport to Leisure	0121 464 2012
Piece of Mind	0121 446 6829
Metamorphosis at the Martineau Gardens	0121 440 7430
Power League (Football)	0121 328 4842
Southlink Charter Centre	0121 681 0305
North Birmingham Community Arts Group	0121 464 2268

## Lesbian, Gay & Bisexual

Birmingham Gay & Lesbian Against Depression (BGLAD) (C/O Healthy Gay Life)	0121 440 6161
Healthy Gay Life	0121 440 6161
Lesbian & Gay Bereavement Project	0207 403 5969
Safe Sex Advice & Support Group	0121 440 6161
Terrence Higgins Trust (HIV)	0121 694 6440
West Midlands Lesbian & Gay Switchboard	0845 257 8255

## Local Health Providers

Heart of Birmingham Primary Care Trust	0121 224 4600
Birmingham East and North (BEN) Primary Care Trust	0121 332 1900
Solihull Care Trust	0121 711 7171
South Birmingham Primary Care Trust	0121 442 5600

## Older People

Age Concern	0121 236 2197
Alzheimer's Society	0121 474 3800
Crossroads (Solihull and East)	0121 693 1909
Crossroads (Central West)	0121 507 1183
Crossroads (Central South)	0121 449 1485
Parkinson's Outreach Services	0121 608 1661

## Out Of Hours Numbers

In an emergency	999
Birmingham and Solihull Mental Health NHS Foundation Trust	0121 678 2000
Birmingham Focusline	0800 027 2127
Chinese Wah Sum Helpline	0845 122 8660
NHS Direct	0845 4647
Samaritans	0845 790 9090
Saneline	0845 767 8000

## Refugee & Asylum Seekers

Birmingham Asylum Seekers Health Outreach Team	0121 327 8901
British Red Cross	0121 766 5444
Wardlow Road Refugee Centre	0121 464 3555



**Mental health problems can affect anyone at anytime**

## Sexual Health

Brook Advisory Clinic	0121 643 5341
Hawthorn House Dept of Sexual Medicine	0121 424 3300
Sexwise	0800 282930
Whittal Street GU Clinic	0121 237 5700

## Solihull Services

Making Space Advocacy & Information Services	07738 148291 or 0121 788 3154
Solihull MIND	0121 742 4941 or 0121 743 4237

### Services include:

Advocacy, benefits advice, housing, information, computer training, drop-in, art, music and sport, employment advice and information, counselling and support groups, including ones for women only and for gay and bisexual men.

Solihull Carers Centre	0121 788 1143
Solihull Care Housing Association	01564 778519
Bromford Housing -Floating Support	01926 485369
Solihull Council for Voluntary Service	0121 704 1619

## Specialist Services & Support Groups

West Midlands OCD	0121 779 3436
Cruse Bereavement Care	0121 687 8010
Beating Eating Disorders Helpline	0845 634 1414
Headway West Midlands	0121 442 4671
MDF The Bipolar Organisation	0845 6340540
National Organisation for Phobias Anxiety, Neuroses, Information And Care (NO PANIC)	0808 808 0545
Overeaters Anonymous	07000 784985
The CAPACITY Project	0121 693 6162
Working Age Dementia Services	0121 678 2546
Youthline	0845 634 7650
Birmingham Depression Alliance Group	07879 222374

## Useful National & Regional Numbers

Birmingham Voluntary Services Council	0121 643 4343
Carers Line	0808 808 7777
Care Service Improvement Partnership West Midlands	0121 678 4854
Central Switchboard for West-Midlands Police (ask for Community Safety Bureau in your area)	0845 113 5000
CENTRO Hotline	0121 200 2700
Department of Health Publication Order Line	0870 155 5455
Independent Complaints Advocacy Services (ICAS)	0845 1203 748
Mental Health and Learning Disabilities Foundation	0207 803 1100
Mental Health Media	0207 700 8171
MIND Infoline	08457 660 163
MIND Publications	0844 448 4448
National Institute For Clinical Excellence (NICE)	020706 75800
Rethink National Advice Service	0208 974 6814
Sainsbury Centre for Mental Health	0207 827 8300

**The Positive Mental Health Group meets monthly at a central location.**

**To find out more please call 0800 694 0202**



## Women

Birmingham Women's Advice & Information Centre	0121 212 1881
Birmingham Women's Aid	0121 685 8550
Mother & Baby Services (Birmingham and Solihull Mental Health NHS Foundation Trust)	0121 301 2190/2177
Police Switchboard (ask for local Domestic Violence Officer)	0845 113 5000
Rape & Sexual Violence Project Helpline	0121 233 3818
Sahelia House	0121 753 1753
Stepping Stones Family Project	0121 772 0613
Stone Hall Adult Education Centre	0121 464 9150
Women Acting In Today's Society (W.A.I.T.S)	0121 440 1443
Women's Counselling & Psychotherapy Centre	0121 301 3814

## Young People

Amazon Young People's Counselling Service	0121 236 9222
Birmingham & Solihull Connexion	0121 248 8000
Birmingham Holistic Innovative Approach to Health (HIAH)	0121 622 7780
Birmingham Space	0121 212 2855
Child and Adolescent Mental Health Services (CAMHS)	0121 464 6591
Childline	0800 1111
Eating Disorders Line	0121 678 2167
National Society for the Prevention of Cruelty to Children (NSPCC)	0808 800 5000
Open Door Youth Counselling Service	0121 472 8676
The Information Shop for Young People	0121 303 4441
Young Minds	0207 336 8445



## Websites



<b>National Mind</b>	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>Rethink</b>	<a href="http://www.rethink.org">www.rethink.org</a>
<b>Mind in Birmingham</b>	<a href="http://www.mindinbirmingham.org">www.mindinbirmingham.org</a>
<b>Royal College of Psychiatrists</b> (Mental health information)	<a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>
<b>Young Minds</b>	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Bristol Crisis Service for Women</b> (Self injury)	<a href="http://www.users.zetnet.co.uk/bcsw/">www.users.zetnet.co.uk/bcsw/</a>
<b>Carers UK</b>	<a href="http://www.carersuk.org">www.carersuk.org</a>
<b>MultiKulti</b> (Health information in community languages)	<a href="http://www.multikulti.org.uk">www.multikulti.org.uk</a>
<b>Patient UK</b> (Health information)	<a href="http://www.patient.co.uk">www.patient.co.uk</a>
<b>NHS Direct</b>	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
<b>Birmingham and Solihull Mental Health NHS Foundation Trust</b>	<a href="http://www.bsmhft.nhs.uk">www.bsmhft.nhs.uk</a>
<b>The Positive Mental Health Group</b>	<a href="http://www.pmhg.co.uk">www.pmhg.co.uk</a>
<b>The Samaritans</b>	<a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>The Mental Health Foundation</b>	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>SANE</b>	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
<b>Birmingham Index of Voluntary Organisations</b>	<a href="http://www.bivo.nhs.uk">www.bivo.nhs.uk</a>
<b>Birmingham Resource Directory</b>	<a href="http://www.resourcedirectory.co.uk">www.resourcedirectory.co.uk</a>