

Are You Having a Difficult Time?

Please come and talk to us — we can help with ...

Low Mood | **Struggling to Cope** | **Suicidal Thoughts**

Our **Talking Space** service offers an out of hours, safe place, to come and chat with our Intervention Workers.

(with access to clinical support if needed)

Talking Space

Open to anyone aged 18+

5pm till 11pm | Thursday— Sunday

By Appointment Only | Call Us: **0121 262 3555**
Email: help@birminghammind.org

Creative Support

888 Bristol Road South
Northfield
Birmingham
B31 2PA

Bus routes: 61, 63,
X20,18,27,76.

15 minute walk from
Northfield Train Station

