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

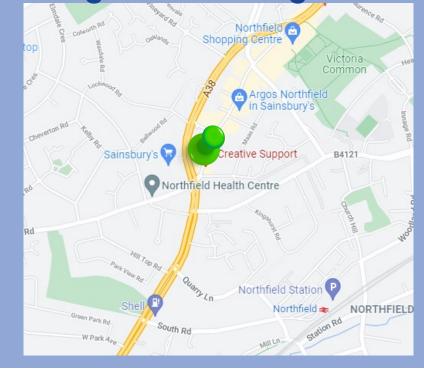
By Appointment Only | Call Us: 0121 262 3555 Email: help@birminghammind.org

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





