mind Birmingham



Are You Having a Difficult Time?

Talking Space

Out of Hours Mental Health Support

Four Locations

7 Days a Week



ERDINGTON

501 Slade Road Erdington B23 7JG



ST PAULS SQUARE

grounded. 55 St Pauls Square B3 1QS



SELLY OAK

grounded. 11 Bournbrook Road, Selly Oak B29 7BL



NORTHFIELD

Creative support, 888 Bristol Road South, Northfield B31 2NS

WE CAN HELP WITH

- ☑ Low Mood
- ☑ Struggling to Cope
- ☑ Anxiety
- ☑ Sleep Problems
- ☑ Stress
- ☑ Suicidal Thoughts

Talking Space Appointments

ERDINGTON

5pm - 11pm
Every Day

Beechcroft,
Rear of 501 Slade Road
Erdington B23 7JG

Bus routes: 11c, 11a, 65, X64
15 minute walk from Gravelly Hill Train Station
Free Parking on site

ST PAULS

1pm - 9pm
Friday - Monday

grounded. 55 St Pauls Square
Birmingham B3 1QS

Bus routes: 101, 8, 9, 126 X12 X13
8 minute walk from St Pauls Tram Stop
15 minute walk from Snow Hill Station
Free parking after 6pm and all day Sunday

Book Now For Erdington, St Pauls & Selly Oak

Scan me

Or call us to book an appointment on 0121 262 3555

SELLY OAK

5pm - 11pm
Monday - Wednesday

grounded.
11 Bournbrook Road,
Selly Oak B29 7BL

Bus routes: 61 & 63
4 minute walk from Selly Oak Train Station
8 minute walk from University Train Station

NORTHFIELD

5pm - 11pm
Thursday - Sunday

Creative Support,
888 Bristol Road South,
Northfield B31 2NS

Bus routes: 61, 63, X20,18,27,76
15 minute walk from Northfield Train Station

Book Now For Northfield

Living Well Consortium UK · grounded. · mind Birmingham · creative SUPPORT · NHS Birmingham and Solihull Mental Health NHS Foundation Trust

Registered Charity no. 1003906 Registered Company no. 02024372