

## **Birmingham Healthy Minds**

### **How do I access BHM service?**

#### **GP referral**

Your GP can refer you to the BHM service by sending us your details to notify us of any special requirements you may have in accessing our service. For example, if English is not your first language and you require an interpreter.

#### **Self-Referral**

There are different ways you can self-refer.

- Self-refer via the website- [bhmselfreferral.bsmhft.nhs.uk/bhm](https://bhmselfreferral.bsmhft.nhs.uk/bhm)
- Calling us on 0121 301 2525
  - You can refer yourself by calling our service on 0121 301 2525.
  - Press option 1 if your GP is located in the Birmingham east and north area.
  - Press option 2 if your GP is located in the central area.
  - Press option 3 if your GP is located in the south of Birmingham.
  - Calls are taken between 9.30am and 4.30pm, Monday to Friday excluding Bank Holidays.
- Texting\*\* ðBHMí to 60777
- Emailing\* at [bsmhft.bhm@nhs.net](mailto:bsmhft.bhm@nhs.net)
- Requesting a call-back via our online form at [www.birminghamhealthyminds.org](http://www.birminghamhealthyminds.org)
- Visiting the walking in centres which operates across Birmingham from different locations and days

### **Walk-in centres**

#### **BHM Walk-in services**

##### **South Birmingham GP Walk-in Centre**

15 Katie Road  
Selly Oak Birmingham  
B29 6JG

**Opening hours:** Wednesdays, 9am to 11am

##### **West Heath Medical Centre**

194-196 West Heath Road  
Northfield Birmingham  
B31 3HB

**Opening hours:** Fortnightly on Thursdays, 1pm to 3pm

### **Castle Vale Primary Care Centre**

70 Tangmere Drive Birmingham  
B35 7QX

**Opening hours:** Fridays, 10am to 12pm

### **Apollo Surgery**

619 Kings Road Birmingham  
B44 9HW

**Opening hours:** Thursdays, 12.30pm to 2.30pm

### **Amman walk-in services**

#### **Sparkhill Primary Care Centre**

856 Stratford Road Sparkhill Birmingham  
B11 4BW

**Opening hours:** Tuesdays, 9.30am to 11.30am

#### **Soho Road Health Centre**

Ground floor  
247-251 Soho Road Birmingham  
B21 9RY

**Opening hours:** Wednesdays, 9.30am to 11.30am

If you have any questions or need further information, please contact The Balance Team  
Secretary: 0121 424 3154

### **Accessibility**

To view this information in a different language or use text-to-speech reader visit **[www.uhb.nhs.uk](http://www.uhb.nhs.uk)**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



### **How did we do?** 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

