

Birmingham and Solihull Community Mental Health and Wellbeing Service
Video Transcription

We all have mental health. Some days we feel good, and some days we don't. Our mental health can be affected by what is going on in our lives such as, problems with money, relationships, drugs or alcohol, feeling lonely, having low self-esteem, or going through something traumatic such as experiencing abuse or losing a loved one. All of these things and more can affect our wellbeing, and sometimes we need a helping hand. If you are age 18 and over and living in Birmingham and Solihull and you need support with your mental health, you can access the community mental health and wellbeing service. The service is designed to give you quicker access to the help and support you need.

We'll help you with not only your mental health, but your physical help, lifestyle, and social needs too. To do this, we have joined up lots of services available from the NHS and from support groups and charities in your local community, to make it easier for you to get the right mix of support that is personal to you.

Your appointment will be with a trained and experienced mental health care professional. They will listen to you, and your story, and what is happening in your life. They will give you advice on ways to manage your mental health symptoms, and improve your wellbeing, and together we will come up with a plan of support that's right for you.

The community mental health and wellbeing service will put your strengths and lived experience at the centre, to help you get better, and stay well as part of your community. If you need to sit down in the future, you can get in-touch with us through your GP.

If you're struggling with your mental health, know that there is always someone to talk to. Ask your GP today for more information about the community and mental health wellbeing service.