



Are you okay?

It's okay...

To take a moment. To feel overwhelmed.
To have more bad days than good.
If you'd like to talk, we're here.

- We're here to help you -

NHS

LivingWell
UK

 **Mind**
Birmingham

It's okay...

NHS

to speak to someone

SCAN HERE TO
GET IN TOUCH



Call 24/7 on 0121 262 3555



LiveChat, 10am-9pm, at birminghammind.org



Email help@birminghammind.org



Visit the Talking Spaces for in-person support:
Erdington (B23 7JG), Northfield (B31 2NS),
Solihull (B92 8SY)

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