

MIND MATTERS

"You're Not Alone. We're Here to Help"

Mental Health Awareness Newsletter
Ladywood & Perry Barr Edition | May 2025

Welcome

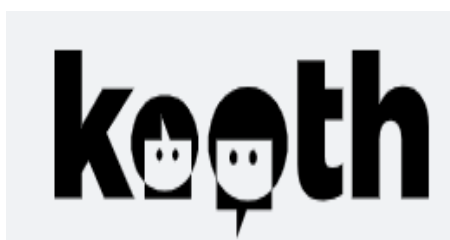
May is Mental Health Awareness Month, and we're shining a light on the mental wellbeing of our communities in Ladywood and Perry Barr. Whether you're struggling, supporting a loved one, or simply looking for ways to boost your wellbeing, you are not alone. This newsletter brings you local support services, community events, and practical tips to care for your mental health. Mental health is a vital foundation for a healthy, fulfilling, and long life — and we believe that everyone should have the chance to experience it.



In the UK, no one should be denied the opportunity for good mental health because of their identity, background, or where they live.

Poor mental health is not inevitable. There are steps we can take — as individuals, within our communities, and across society — to support and promote mental wellbeing for everyone.

Local Support Services



Mind Birmingham
Local branch of the national charity
📍 17 Graham Street, Birmingham B1 3JR
☎ 0121 262 3555
🌐 birminghammind.org
Drop-in mental health support, counselling, peer support groups.

Kooth is a free, anonymous online mental health and wellbeing service for young people aged 11–25 in Birmingham. It offers live chat with qualified counsellors, peer support forums, self-help tools, and a digital magazine. The service is available 24/7, with live chat hours from 12pm–10pm on weekdays and 6pm–10pm on weekends.

Forward Thinking Birmingham (FTB)
For young people aged 0–25
☎ 0300 300 0099
🌐 forwardthinkingbirmingham.org.uk
Offers mental health support, therapy, and crisis intervention for young people in Ladywood and Perry Barr.



"TOGETHER FOR MENTAL WELLBEING"

"Speak Up. Reach Out. Be Heard."

"Breaking the Stigma, One Conversation at a Time."



Aspire & Succeed is a community organisation based in Lozells, Birmingham, offering support to local families and young people.

- Free advice on housing, benefits, and complaints
- Affordable academic tuition
 - Health & Wellbeing
- Youth engagement activities
- Community campaigns and support

📍 3a Carpenters Road, Lozells, B19 2BA
 📞 0121 507 0218
 Email: info@aspireandsucceed.org
 🌐 aspireandsucceed.org

PAPYRUS is a national charity dedicated to the prevention of young suicide.

They offer free, confidential support to anyone under 35, or concerned about a young person.

📞 HOPELINE247: 0800 068 4141 (24/7)
 Text 88247
 Email: pat@papyrus-uk.org
 🌐 www.papyrus-uk.org

Based in Aston, Saathi House supports women, young people, and migrant communities through education, wellbeing, and empowerment.

- Mental health & wellbeing workshops
- Youth support and creative programmes
- Women's empowerment and confidence-building
- Community activities

📍 49 Bevington Road, Aston, B6 6HR
 📞 0121 328 0013
 🌐 saathihouse.org



The Waiting Room (TWR) Directory
A free online directory of health and wellbeing services in Birmingham

🌐 the-waitingroom.org

31 Upcoming Community Events – West District

Mental Wellness Walk – Summerfield Park (Ladywood)

📅 Saturday, 18 May | 11:00 AM – 1:00 PM

Free, family-friendly walk and talk. Open to all.

Men's Mental Health Meet-Up – Holford Drive Community Hub (Perry Barr)

📅 Thursday, 23 May | 6:30 PM

A safe space for men to talk about mental health and wellbeing

LADYWOOD HEALTH & HAPPINESS CLUB
STARTING THIS MARCH

- Learn self care
- Trips across the city
- Gentle walks in nature
- Reflective time
- Gut health workshops
- Guest professionals
- Meet new people

FOR MORE INFORMATION
Get in touch:
T: 0121 516 3341 or
Lynda on 07933 931561
Email: joiedevivreventures@gmail.com

Venue: YARD Arthouse, 25 Holford Park Street, Port Loop Birmingham, B16 0AE

FRIDAY MORNINGS 10AM TO NOON
FREE FOR THE OVER 50'S

LADYWOOD NEIGHBOURHOOD NETWORK SCHEME



Birmingham Wellbeing Hub

Second Floor, Link Street, Birmingham B5 4BS



	MON	TUE	WED	THU	FRI
	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM
MORNING	10:00 - 13:00 DROP IN FROM 10:00 AM	10:30-12:30 UNRAVEL: CROCHET & KNITTING GROUP	11:00 - 13:00 EMPLOYMENT SUPPORT shaw trust	10:00 - 13:00 DROP IN FROM 10:00 AM	10:30 - 12:30 WOMEN'S CUPPA AND CATCH UP
AFTERNOON	13:00 - 15:00 INTENSIVE COMMUNITY REHAB TEAM	14:00 - 16:00 EMPOWERING CHANGE HOUSING, BENEFITS & HEALTH AND WELLBEING	14:30* - 16:00 (*EARLIER START TIME) MEN ONLY HEALTH SESSIONS	14:30 - 16:00 WEEKLY CBT & DBT SESSIONS BETTER PATHWAYS Positive about mental health STARTS FEB 2025	13:00 - 16:00 DROP IN UNTIL 4:00 PM
	SOCIAL DROP (CLOSED SESSION)	CRANSTOUN Empowering Health, Empowering Change BI WEEKLY 14 JAN, 28 JAN, 11 FEB, 25 FEB, 11 MAR & 25 MAR	DROP IN FOR MEN'S MENTAL AND PHYSICAL HEALTH PEER SUPPORT	17:30 - 19:00 MALE DOMESTIC ABUSE AND SEXUAL TRAUMA SESSIONS	

What's On: Apr-Jun

Saathi House
49 Bevington
Aston B6 5HX
Tiffany@saathihouse.org
www.saathihouse.org

Monday Creative English 9:30-11:30am Creative English & Walk 9:30-11:30am Diabetes Programme with CET 1-3pm	Tuesday Creative English 9:30-11:30am Debt Advice Surgery 9:30am-2:30pm Mental health programme - starts 13th May 10:30am Creative Arts 12:30-2:30pm Creative English 12:30-2:30pm ESOL 2-6pm Girls Youth Club 4-6pm
Wednesday ESOL 9:30-11:30am Sewing 9:30-11:30am Walk & Talk 9:30-11:30am ESOL Advanced 12-2pm Creative English 12:30-2:30pm Girls Youth Club 5-7pm	Thursday Step up to democracy programme 9:30-11:30am Creative English 12:30-2:30pm Digital Skills 12:30-2:30pm Homework Club (Boys & girls 8+) 5-7pm
Friday Weekly Workshops 9:30-11:30am Girls Youth Club 5-7pm	Sat & Sun Saturday Mother & Daughter cooking 10:30am-12:30pm Sunday Ladies only Netball at PAHS 10:30am-11:00pm Ladies only Badminton at PAHS 11:30am-12:30pm Kids Flag Football at Aston Park pitch 11am-2pm Girls Youth Club 11am-5pm

Projects funded by:

If you need to chat this Mental Health Awareness Week

SAMARITANS

CAMPAIGN AGAINST ALIVING MISERABLY

If you're in Wales:
CALL

If you're under 25:
THE MIX

0300 102 1234
Open 9am-6pm weekdays

116 123
Always open

0800 58 58 58
Open 5pm - midnight

0800 132 737
Always open

Text THEMIX to 85258
Always open

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Mental Health Tip of the Month

“Check in with yourself daily.”

Even a 5-minute self-reflection can help you notice stress, anxiety, or low mood before it builds up. Try journaling, a quiet moment of mindfulness, or just taking a few deep breaths.



Handsworth Association of Schools (HAOS) – Mental Health & Family Support
 📍 Handsworth area (serving Perry Barr & surrounds)
 ☎ 0121 515 0240
 🌐 www.handsworth.bham.sch.uk
 Support for parents, children and schools around emotional wellbeing.



Living Well Consortium
 Community-based mental health support
 ☎ 0121 663 1217
 🌐 livingwellconsortium.com
 Access talking therapies, wellbeing workshops, and culturally sensitive support.



Supporting the local Asian community with advice, care, and wellbeing services.

- Welfare & housing advice
- Carer and elder support
- Immigration sessions
 - Mental health & wellbeing activities
- Befriending for isolated elders

📍 149 Lozells Rd, B19 2TP
 ☎ 0121 523 0580
 🌐 asianresource.org.uk



FamilyLine is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, call: **0808 802 6666**, text: 07537 404282, email: familyline@family-action.org.uk or live web via our website www.family-action.org.uk. - Monday to Friday: 9am – 9pm. The helpline will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.

We Value Your Feedback

Your experiences matter! Share your thoughts and suggestions for future newsletters. How can we better serve you and our community.

Thank you for your unwavering support. Together, we are building a stronger, more compassionate community.

Contacts Us – Early Help Community Development Workers

Fareen.akhtar@family-action.org.uk – Aisha.abdulmalik2@family-action.org.uk