

# Are You Having a Difficult Time?

Please come and talk to us — we can help with ...

Low Mood | Struggling to Cope | Suicidal Thoughts

Our **Talking Space** service offers an out of hours, safe place, to come and chat with our Intervention Workers.

(with access to clinical support if needed)

# Talking Space

Open to anyone aged 18+  
5pm till 11pm | Thursday— Sunday

By Appointment Only | Call Us: **0121 262 3555**  
Email: [help@birminghammind.org](mailto:help@birminghammind.org)

## Creative Support

888 Bristol Road South  
Northfield  
Birmingham  
B31 2PA

**Bus routes:** 61, 63,  
X20,18,27,76.

15 minute walk from  
Northfield Train Station

