

Where To Find Us

Yardley Recovery Hub

195-197 Church Road,
Yardley, B25 8UR
Tel: 0121 389 0213

Bus routes:

11A, 11C, 17



Northfield Recovery Hub

888-890 Bristol Road South,
Northfield, B31 2NS
Tel: 0121 476 4349*

Bus routes: 18, 27, 61, 63,
X20



* We also have a session space in Harborne

Birmingham Mental Health Recovery and Employment Service



Current updated provision July 2020



Service provided by Creative Support, in partnership with
Better Pathways and Birmingham Mind

What is the Recovery Service ?

Our service is delivered out of two Recovery Hubs, based in Northfield and Yardley. The Recovery Hubs offer a variety of structured courses and activities to support mental, physical and emotional wellbeing.

As a precautionary measure due to COVID-19, all courses are currently delivered over Skype or Teleconference. You will be given simple instructions on how to join prior to each session.

What courses and activities are on offer?

Here are some examples of courses on our current timetable:

- Managing Anxiety
- Myths and Facts of Lockdown
- Confidence & Self-Esteem
- Self-Care and Motivation
- Preparation for Employment?
- Mindfulness
- Creative Writing
- Chill, Chat and Colour
- Understanding your Diagnosis



Referrals

To access the Birmingham Mental Health Recovery and Employment Service, you must complete a referral form. This can be done in a number of ways:

In person:
Come along to our Recovery Hub and one of our team will be happy to complete a referral form with you.

By telephone:
Please call us on **0121 389 0213 or 0121 476 4349** between 9am and 5pm, and one of our team will be happy to assist you.

By e-mail:
Send an e-mail to **REFERRALS@betterpathways.org.uk**. We will send you the referral form, which can then be returned to the same e-mail address.

Eligibility

This service is available and free to service users who are:

- Aged 18 years and over.
- Registered with a GP within the Birmingham area.
- Currently under secondary care mental health services or are on their GP's Serious Mental Illness register.