



**Birmingham and Solihull  
Mental Health**  
NHS Foundation Trust

# Supporting adults in Solihull with mental health concerns



**Solihull**  
METROPOLITAN  
BOROUGH COUNCIL

This leaflet explains the different types of support available. This includes support you can access by yourself, or on behalf of a family member or friend, as well as social and medical support available through Solihull Council and your GP.

This leaflet does not include information about support for young people (under 18) or for people living with dementia but we have included contact details for support organisations in the Useful phone numbers and links section at the end of this leaflet.

If you, or someone you know, need urgent help but it is not life-threatening, call your GP or ring NHS 111. Fully trained NHS 111 advisors will help you get the right medical attention 24 hours a day.

---

## Introduction

Around one in four of us will experience a mental health problem at some point in our lifetime. Most people will recover but sometimes we need a bit of extra help and support to help us get well again.

In Solihull we are dedicated to raising awareness of mental health, removing the stigma that's associated with it, and making sure people are able to get the support they need.

## Who is responsible for mental health services in Solihull?

Solihull Council works in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT) to deliver mental health services in Solihull.

## Information, advice and support for everyone

You can access a range of services and activities in Solihull to help your wellbeing. These include physical activities and sports projects, support groups and befriending. You don't need to be referred to these services, you can contact them directly.

Information about these services and activities is available on the Solihull MyLife website or in a separate leaflet from Solihull Council called 'Information, advice and support for people with mental health concerns'.

To download the leaflet or find more information visit the Solihull MyLife website: [solihull.mylifeportal.co.uk/mentalhealthsupport/](https://solihull.mylifeportal.co.uk/mentalhealthsupport/)

## Help and advice from your GP

If you think that you (or a relative or friend) might be experiencing some form of mental ill-health you should make an appointment with your GP (your usual family doctor).

When you visit your GP, they will begin by asking you about the symptoms or feelings you've been having and discussing these with you.

Often people do not feel very confident about going to their GP. It can help to make a list of the problems and questions you wish to talk to your GP about, as it can be difficult to remember everything. You may also wish to take a friend or family member.

The GP will then direct you to the help you need. This could be medication, some advice or counselling from a trained counsellor or nurse.

Your GP may also refer you to Solihull Council for practical care and support (known as social care) or to a specialist mental health service provided by Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT).

## Solihull Council

The Council does not provide health services, but can help you make decisions about your general wellbeing, and any practical care and support needs you may have. Solihull Council can also help if you are the carer for an adult with mental health issues.

The first step is to ring the Council's One Front Door team on 0121 704 8007 and ask for an assessment. Your GP or BSMHFT may also refer you to One Front Door.

### One Front Door will ensure that:

- you can access information, advice and support to help your general wellbeing
- you are supported to manage any on-going practical care and support you may need
- you are able to make your own decisions, and if this isn't possible – that decisions are made in your best interest
- if you have a carer - someone who provides care and support for you on a regular basis – then they are also able to get the support they need to help them in their caring role

### Assessing your care and support needs

The assessment will help you to think about what practical steps you can put in place to help with everyday life, and the choices available to you.

Depending on your specific care needs and also your financial circumstances, the Council may be able to provide funding for services to meet your needs. Where appropriate, Solihull Council will work with you to agree an on-going Care and Support Plan which will detail the practical support you need.

For more information please read the Council's Adult Care and Support Offer on the Solihull Council website [www.solihull.gov.uk](http://www.solihull.gov.uk)

## Making Decisions

In some cases One Front Door will refer you to Solihull Council's Mental Health Team. There are specially trained social workers in this team who will support you to make your own decisions about what's best for you. You may also be able to access advocacy services to help you with this.

There are some specific circumstances where the Council is required, alongside others, to make decisions on your behalf which are in your best interest. This could include admission to hospital.

## Solihull Integrated Addiction Services

Solihull Integrated Addiction Services (SIAS) has a range of confidential services for anyone using alcohol and drugs, or their carers, wishing to access treatment and support. You can call SIAS in confidence on **0121 301 4141**

## Carers

Solihull Council offers a range of support to carers. If you are caring for someone else aged 18 or over on a regular basis, without being paid for it, you are entitled to have a carer's assessment.

Please contact One Front Door (part of Solihull Connect) on **0121 704 8007** to ask for a carer's assessment.

You can also find more information about local support groups and organisations on the Solihull MyLife website [solihull.mylifeportal.co.uk/carer/](https://solihull.mylifeportal.co.uk/carer/)

## Specialist mental health support

BSMHFT provides a range of support services which are explained below. Unless you are an existing patient for one of these services you will need to ask your GP to refer you.

- **Community mental health team** offer services to people aged 16-65 who may be experiencing a range of mental health issues. The team offers treatments, ongoing reviews and support to enable recovery and self-management. Available Monday to Friday, 9am to 5pm.
- **Early intervention** supports people aged 16-35 who are experiencing psychosis. The team also offers ongoing support and interventions to enable self-management and recovery as well as family and carer support. Available Monday to Friday, 9am to 5pm.
- **Assertive outreach teams** provide long term support to people aged 18+ experiencing serious mental illness. Generally, people supported by this team have a diagnosis of a psychotic illness and will have been unwell for some time. The team work closely with individuals to develop skills as well as monitoring and supporting management of their illness. Available 7 days a week, 8am to 8pm.
- **Home treatment team** provides crisis assessment and ongoing home treatment for people aged 16 and over for a period of 4-6 weeks. Available 24 hours a day 7 days a week.

More information can be found on the Birmingham and Solihull Mental Health NHS Foundation Trust website [www.bsmhft.nhs.uk/our-services](http://www.bsmhft.nhs.uk/our-services)

## Useful phone numbers and links (in alphabetical order)

### **Carers Trust Solihull**

Tel: 0121 788 1143 [www.solihullcarers.org](http://www.solihullcarers.org)

**Community Advice Hubs:** these are based at Chelmsley Wood Library and Solihull Connect at The Core. You can contact the hubs by:

- sending an email to [admin@solihullcommunityhub.org.uk](mailto:admin@solihullcommunityhub.org.uk)
- calling 0121 709 7590
- dropping in Monday to Friday at Chelmsley Wood from 10am to 4pm (2pm on Wednesdays) or Monday to Friday at The Core 10am to 4pm (3pm on Wednesdays)

### **Lyndon Clinic - Hobs Meadow, Solihull, B92 8PW**

Tel: 0121 301 4800

### **Newington Centre - Newington Road, Hamar Way, Marston Green, B37 7RW**

Tel: 0121 301 4950

**One Front Door** (part of Solihull Connect) is the Council's first point of contact for Adult Care and Support.

Tel: 0121 704 8007 or email [ccadults@solihull.gov.uk](mailto:ccadults@solihull.gov.uk)

### **Solihull Integrated Addiction Services (SIAS)**

Tel: 0121 301 4141 or email: [help@sias-solihull.org.uk](mailto:help@sias-solihull.org.uk)

**Solihull MyLife** <https://solihull.mylifeportal.co.uk>

### **Support for young people**

Solar is a collaboration between BSMHFT, Barnardo's and Autism West Midlands. It provides emotional wellbeing and mental health services for children and young people, until their 19th birthday, who are residents in the borough of Solihull.

You can self-refer to Solar. To find out more visit <https://www.bsmhft.nhs.uk/our-services/solar-youth-services/>

### **Support for people living with dementia**

Visit Solihull MyLife <https://solihull.mylifeportal.co.uk/dementia>

The background consists of several overlapping geometric shapes in various shades of green (dark forest green, medium sage green, and light mint green) against a white background. The shapes include triangles, trapezoids, and irregular polygons, creating a modern, layered effect.

Leaflet updated:  
April 2019