

# Changes to mental health services for those aged 0-25

## Forward Thinking Birmingham's range of services go live from 1 April 2016

Forward Thinking Birmingham (FTB) is the new provider of mental health services for people up to the age of 25 in Birmingham. It provides support, care and treatment through one organisation, making it easier for people to access the right support at the right time.

Those aged 0-35 with First Episode Psychosis can also be referred to FTB. Learning Disability services for those with mental health issues are provided for 0-19s at FTB and over 19s by Birmingham Community Healthcare.

### From 1 April, the following services will be available:

#### Access Centre

- Access to 24/7 crisis support
- Open Monday to Friday 8am-8pm and Saturday and Sunday 10am-3pm for referrals, general enquiries, advice and guidance
- Single point of contact for all referrals
- Advice and guidance for individuals
- Advice and guidance on making a referral
- Contactable on 0300 300 0099

#### Pause – city centre drop-in service

- Located at: 21 Digbeth, Birmingham, B5 6BJ
- Open Monday to Friday from 12pm-6pm and Saturday and Sunday 11am-4pm
- Friendly place for providing advice and support
- Brief therapeutic and counselling interventions
- Guided self help
- Support self-help
- 1:1 and group support and workshops

#### Fully transitioned services

- ADHD and Clinical Youth Support, with new and existing patients being seen by FTB.
- Existing patients in other clinical areas will be transferred to the new service over a 6-9 month period.

#### IAPT (talking therapies)

- Now accepting referrals for IAPT for patients aged 0-25
- Self-referrals and professional referrals welcome

Single point of access:  
**0300 300 0099**

### How to make a referral

- Via the secure online portal <https://ftbsecure.beaonh.ealthoptions.co.uk>
- By contacting the Access Centre on 0300 300 0099
- Referral form available at [forwardthinkingbirmingham.org.uk](http://forwardthinkingbirmingham.org.uk) - to be sent by secure email only.

### Please note:

Existing patients will be transferred in to the new service over a 6-9 month period.