

# SANDWELL TALKING THERAPIES

Previously known as  
**Sandwell Healthy Minds**

A service for people who are feeling  
**STRESSED, ANXIOUS, LOW IN MOOD OR DEPRESSED**



“How can  
Healthy Minds  
help me”?

“You will be able to talk about  
your concerns

“You will be listened to without  
prejudice”.

“You will learn skills and  
strategies to help you make  
positive changes in your life”

You can choose how we support  
you,

- ◆ FACE TO FACE
- ◆ TELEPHONE
- ◆ VIDEO LINK
- ◆ ONLINE PROGRAMME
- ◆ LIVE COURSES

To book your initial appointment, call

**0121 612 6650**

or self-refer via

[www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)

