

## Who is ASSIST for?

We can support women living in Birmingham or Sandwell who have experience of some of the following problems

- ◆ Experience of trauma/abuse
- ◆ Mental health difficulties
- ◆ Problems with drugs or alcohol
- ◆ Experience of homelessness/risk of homelessness
- ◆ Experience of prison or secure hospital
- ◆ Poor engagement with services or engagement only in times of crisis
- ◆ Child protection issues

## Referrals:

For further information or to request a referral form, please contact us on:

- ◆ Thomas Telford House: 0121 301 4595
- ◆ Anawim Caseworker (Birmingham): 077714 292538
- ◆ BCWA Caseworker (Sandwell): 07387020439

Please send completed referrals to [bsmhft.assist@nhs.net](mailto:bsmhft.assist@nhs.net) (secure email)

## Contact details:

Anawim  
228 Mary Street  
Balsall Heath  
Birmingham  
B12 9HJ  
0121 440 5296

Thomas Telford House  
Kingsbury Road,  
Erdington  
Birmingham  
B24 9SA  
0121 301 4595

Black Country Women's Aid  
Landchard House,  
Victoria Street,  
West Bromwich  
B70 8HY  
0121 553 0090

**anawim**  
women working together

Birmingham and Solihull  
Mental Health NHS Foundation Trust



**Black Country  
Women's Aid**  
see listen, see support, see care



**A**ssessment

**S**upport

**S**ignposting

**I**ntervention

**S**afeguarding

**T**rauma

## Referrer Information

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## What is ASSIST?

ASSIST is a project delivered in partnership between Birmingham and Solihull Mental Health Foundation Trust, Anawim and Black Country Women's Aid.

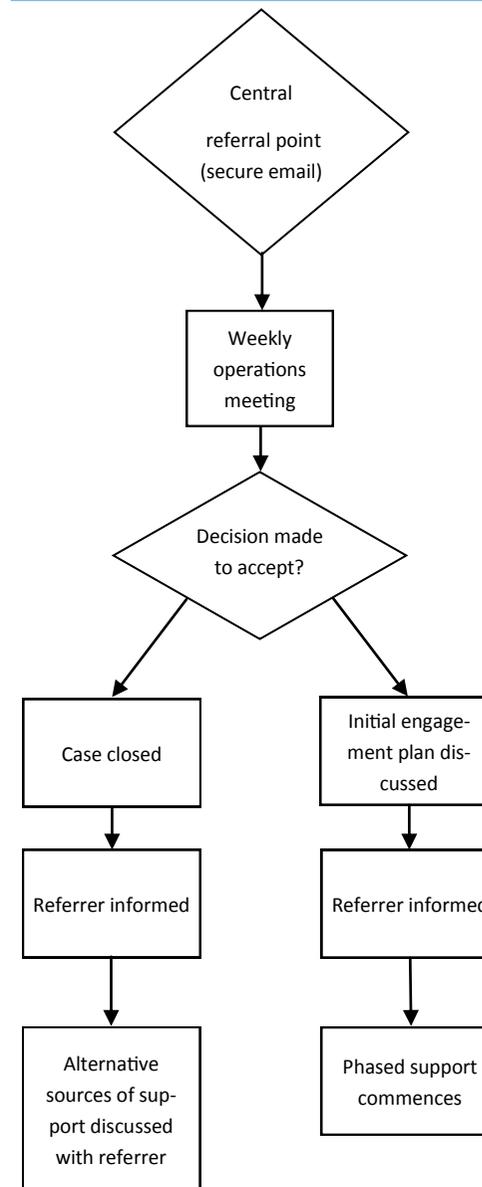
ASSIST offers specialist intervention for women who present with high levels of vulnerability and risk and who are deemed to have multiple and complex needs. We particularly support women who are at risk of having or have had their children removed from their care. ASSIST takes a holistic approach, liaising with partner agencies to improve engagement, intervention, risk management and safeguarding. As part of this partnership working, we expect referrers to remain active in their support for the client.

We help women who are often deemed as too complex for one service to manage, and therefore frequently fail to receive the interventions they need to improve their coping and manage their risk. They often fall through the gaps due to difficulty keeping appointments or because services aren't designed for them.

We offer 1:1 and group interventions to women along with practical support in all areas of life such as accommodation, financial support. Psychological interventions will be offered to help enhance coping skills, resilience, managing emotions, risk behaviours, violence and past trauma.



## Referral process



## Phases

### Phase 1—ASSIST-ED

Engagement development, crisis support, risk management.

Caseworker support to help with immediate needs. Work around accommodation, finance, mental health, domestic violence, support to attend appointments (CMHT, CGL, GP, hospital).

### Phase 2—ASSIST-ANCE

Acceptance, mindfulness, normalising, psycho-education, compassionate self, enhancing strengths

### Phase 3—ASSIST-THRIVE

Trauma healing and recovery towards an independent, violence-free, empowered life

### Phase 4—ASSIST-NOW

Complex trauma recovery incorporating the needs of offending women