

**ABCD MODEL AND SUPPORTING  
PEOPLE'S MENTAL HEALTH AND  
WELLBEING**

**"BUT I JUST NEED  
HELP"**



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## Walk-in mental health centre will offer 24/7 help



SHEFFIELD HEALTH PARTNERSHIP

The new Gleadless and Heeley mental health centre opens this month

**Lucy Ashton**

South Yorkshire political reporter

2 May 2026

**A 24/7 walk-in centre offering mental health support is set to open in Sheffield, providing a "safe place for people in crisis".**

The Gleadless and Heeley Centre will open later this month, and be available to everyone in the local community who needs support as well as carers.

The centre, at Newfield Green, is part of a wider NHS pilot taking place at six sites across England offering support to people who walk in, telephone or are referred.

Sheffield Health Partnership said: "It will offer easy access to mental health

### Top stories

**LIVE** Labour MP backs down from leadership challenge but calls on Starmer to go by September

39k viewing

British Steel nationalisation plans announced by Starmer

1 hour ago

Tourist hotspot at 'end of the world' denies causing hantavirus outbreak

16 hours ago

### More to explore



Why Eurovision's fallout over Israel may change the competition forever





WHY ABCD PRINCIPLES WORK WITH  
MENTAL HEALTH AND WELLBEING



**STARTING WITH STRENGTHS  
NOT DEFICITS**

A man in a dark sweater and glasses stands at the front of a room, gesturing towards a large screen. The room is filled with people seated in chairs, listening. The walls are decorated with various posters, including one with the text 'WHAT ARE THE POSSIBILITIES YOU ARE SEEING?' and another with 'WELCOME'. A large, colorful mural of a tree with blue birds is on the left wall. The room has a wooden floor and fluorescent lighting. A whiteboard with a diagram of circles is visible near the presenter. A laptop is on a table in the foreground on the right, with the brand name 'VIAVITO' visible on the side.

# BEING IN THE ROOM

# What's on @ The Hub

WHAT'S ON AT THE HUB FOR YOUNG PEOPLE

CREATIVE, FUN, SOCIAL, SAFE.

MONDAY - FRIDAYS FOR ALL YOUNG PEOPLE

THE HUB - NORTH BRIMFORD & SOUKILL  
100 BRIMFORD DRIVE, B36 8TY  
0121 448 3733

PRIZE BINGO

Children must be accompanied by an adult

Pop In after school with your child...

**Cosy Club** Tuesdays 3:15 - 5:00

worth BRIMFORD SCHOOLS

Open Door COMMUNITY FOUNDATION

PLACE OF WELCOME

Open Door - Place of Welcome

Every Tuesday at The Hub

Drop in for a cuppa and a chat from 10am

COME AND GET INVOLVED...

- ▶ **MONDAY:**
  - STREET SPORTS BROMFORD NORTH PARK 4 - 6PM
- ▶ **TUESDAY:**
  - COSY CLUB 3:15 - 4:30
  - STREET SPORTS ON FIRS GREEN: 4:30-6PM
- ▶ **WEDNESDAY:**
  - YOUTH MUSIC: 4-6PM (11+)
  - YOUTH DROP IN: 7-9PM (11+)
- ▶ **THURSDAY:**
  - LISTEN THREADS: 12-2PM
  - GIRLS GROUP: 3:30-5:00PM (YR5-YR7) @ THE HUB
  - BOYS GROUP @ THE HUB: 6-8PM (YR7+)
  - ROCKET LEAGUE @ THE HUB/ONLINE

COMMUNITIES ALREADY HOLD KNOWLEDGE AND CARE

WORTH COMMUNITY CENTRE

100 BRIMFORD DRIVE, B36 8TY

0121 448 3733

30 seconds can change a life

New parent and baby group Tues@10:30

Rika Evans, Together for Families Worker on

Centre, Chillingholme Road B36 8QJ (just off Bromford Drive next to Tams Valley School)

spurgeons

WARM WELCOME SPACES

in Firs & Bromford and Hodge Hill

FREE WARM WELCOMING SAFE

Open Door Support Sessions

Fridays 10am-12 @ the Hub

Flo & Gemma can work with you on:

- Housing (applications & bidding)
- Jobs (CV writing, job searches & applications)
- Benefits (PIP forms & Universal Credit applications)
- Signposting (linking you up with other specialist support services)

To find out more, drop into the Hub and ask someone!

# Mental Health & Wellbeing: How to help someone

If you're concerned about someone's mental health or wellbeing, you can take the following steps

## **Approach and connect with the person.**

Smile and offer kindness.

## **Listen without any judgement.**

Whatever a person's story give them time to tell it.

## **Give support.**

A good approach is always to treat a person the way you'd like to be treated.

## **Encourage public health support**

Think about a persons engagement with GP, Mental Health teams etc

## **Encourage other support**

For example coming to groups, connecting with services

**Full list of local mental health groups available at The Hub/The Pantry and at -  
[www.spacetobreatheuk.com/mental-health-awareness](http://www.spacetobreatheuk.com/mental-health-awareness)**

Through our Mental Health project at TogetherWeCan! there are lots of ways you can help people get the support they need when they're struggling.

**1. Remember your GP is the first point of contact.**

Try and get an appointment with a GP to talk about things, get treated and get connected with help. They may link with a Social Prescriber for the Surgery/area.

**2. Connect the person with the Community Mental Health Team.**

Website is <https://www.bsmhft.nhs.uk> – all you need is a name and a date of birth.

**3. Young People**

If the person is under 25 contact you'd need to contact Forward Thinking Birmingham - <https://forwardthinkingbirmingham.nhs.uk>.  
Crisis link for under 25s is **0300 300 0099**. You can also text SHOUT to **85258**.

**4. Ring the Crisis Line.**

There is a 24 hour mental health crisis line, run by MIND. Helpline is **0121 262 3555** or **0800 9159292**. More information on crisis help can be found here - <https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/>

**5. Make use of lines like the Samaritans (116 123)**



To refer someone to  
the team at TogetherWeCan  
Use this QR code or  
visit

<https://form.jotform.com/233172467478364>





**SMALL RESPONSES CAN  
HELP ESCALATION**



**COMMUNITY WORK COMPLIMENTS BUT  
DOES NOT REPLACE STATUTORY  
SERVICES**

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**In most workplaces today, people are holding back far too often - reluctant to say or ask something that might somehow make them look bad**

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Amy Edmondson, from "The Fearless Organisation"

# PSYCHOLOGICAL SAFETY



the  
**fearless**  
organization

Creating **Psychological Safety** in the  
Workplace for Learning,  
Innovation, and Growth

Amy C. Edmondson  
HARVARD BUSINESS SCHOOL

WILEY



“It describes a team climate characterized by interpersonal trust and mutual respect in which people are comfortable being themselves”

Amy Edmondson, The Fearless Organisation

# PSYCHOLOGICAL SAFETY



Psychologically safe to:



share opinions freely



disagree or raise concerns



be honest without fear or  
reprisal



share about your own life  
without fear of an impact



listen to and invite others  
opinions



'Our worldview will be  
tied up with **the**  
**position** we hold  
within it'

John Burnham, 2012

## KEY REFLECTIONS

- Presence matters
- Locality is both a strength and a challenge
- Training changes confidence
- Community groups cannot carry everything
- Mental Health support works best when woven into everyday life

space to  
breathe

**WWW.SPACETOBREATHEUK.COM**

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