

# Help and Support

During these challenging times, support for young people's mental health remains available; please see below for how to contact these services.



**Forward Thinking Birmingham**  
The mental health partnership for all 0-25 year olds in Birmingham. Please visit the website via the link below to access resources and information as well as make a referral into the service.

<https://www.forwardthinkingbirmingham.org.uk/>

## Pause

For support with all aspects of emotional wellbeing.

Use the link below to register for support:

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

# Pause.

*You can also register by leaving a message on our registration line: 020 784 14470 (please note local call charges do apply), one of the team will call you back and get you signed up for support.*



**Kooth**  
An online mental wellbeing community that provides numerous resources and services for young people to access, to support their mental health. Can be accessed anonymously.

Please access via the link: <https://www.kooth.com/>

## #You'veBeenMissed

Clear and accessible resources, videos and information for young people, families, education and healthcare professionals to support the mental wellbeing of children.

Click on the link to access the wide variety of support and resources available:

<https://bwc.nhs.uk/youve-been-missed>

# #YOU'VE BEEN MISSED



here for you 24/7

**Shout**  
Provides confidential support for teenagers and young adults experiencing anxiety, low mood, isolation, anger, distress, available 24/7.

Text **85258**

## Childline

For all young people – website has numerous resources available and young people can also access support via phone.

0800 1111 (24 hour phone line)

[www.childline.org.uk](http://www.childline.org.uk)



## If you are in crisis or need immediate support

If you require immediate help or support, please contact:

- 0300 300 0099 - inside Mon-Fri 0900-1700 this will get you through to the Forward Thinking Birmingham duty clinicians; outside of these hours you will go straight through to the Forward Thinking Birmingham Urgent Care team.
  - 111 – the non-emergency NHS number.
  - 999 - if there is a life threatening emergency or you need medical treatment.