

# **Mental Health and Emotional Wellbeing Support**

## **Pause**

Pause are a service provided by Forward Thinking Birmingham where trained Wellbeing Practitioners can support children and families with mental health and wellbeing. Pause have a number of workshops that they are currently running, including:

- Strength Tree Workshop (focuses on building resilience)
- Art Workshops
- Mindful Moments Workshops

Currently, these workshops are virtual and available to children aged 6-11. If you would like to book a workshop, please register your interest on their website and a member of Pause staff will make contact with you.

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

If you are in crisis, please call the Forward Thinking Birmingham Access Number on **0300 300 0099**.

## **Place 2 Be**

Information for parents to support their child's mental health. A bank of ideas, activities and advice to read for support.

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

## **Anna Freud**

The Anna Freud National Centre for Children and Families have a free, confidential text line for anyone who is struggling to cope or feeling overwhelmed. Text **AFC to 85258**. Support is available 24 hours a day, 7 days a week. All texts are answered by trained volunteers with support from experienced clinical specialists.

<https://www.annafreud.org/on-my-mind/afc-crisis-messenger/>

## **Samaritans**

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email or visit some branches in person.

[www.samaritans.org](http://www.samaritans.org)

## **Mind**

Helplines and listening services Mind, the mental health charity - help for mental health problems

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

## **NHS Mental Health Support**

For a list of NHS Mental health Support, please click on the link below:

<https://www.birminghamandsolihullccg.nhs.uk/your-health/mental-health-supportoffer>