

Pause.

ForwardThinking
Birmingham



The
Children's
Society

**Need someone to talk to?
Struggling to cope with feelings?
We're here for you.**

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on askbeam@childrenssociety.org.uk in the first instance.

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back but email is much quicker.

Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:

Email or Call Us - 10am - 6pm, 7 days a week

