

# MENTAL HEALTH SUPPORT LAUNCHED FOR BIRMINGHAM AND SOLIHULL

Are you feeling...

Overwhelmed

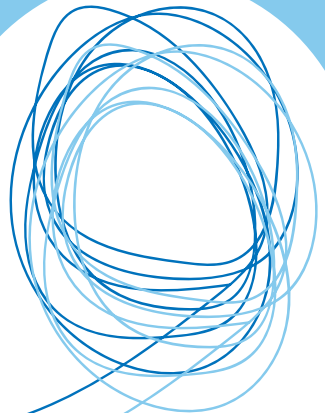
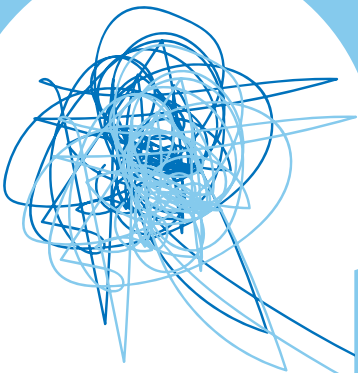
Stressed

Lonely

Isolated

Anxious

Afraid



## How to access the services:

| Group                                  | Opening hours and contact details   |
|--|---|
| 0-18 years in Birmingham               | 7 days a week (10am-6pm)<br>0207 841 4470<br>askbeam@childrenssociety.org.uk                  |
| 0-19 years in Solihull                 | Monday- Friday (8am-8pm)<br>0121 301 2750<br>Weekends and evenings (8pm-8am)<br>0121 301 5500 |
| 11-25 years in Birmingham and Solihull | Online counselling and support 24/7<br>www.kooth.com  |
| Over 18s in Birmingham and Solihull    | 7 days a week (9am-11pm)<br>0121 262 3555   |
| Key workers                            | 7 days a week (9am-11pm)<br>0121 663 1217   |

**For further information and any updates on other services available please go to:**

**<https://www.birminghamandsolihullccg.nhs.uk/your-health/mental-health-support-offer>**

