

MENTAL HEALTH SUPPORT LAUNCHED FOR BIRMINGHAM AND SOLIHULL

Are you feeling...

Overwhelmed

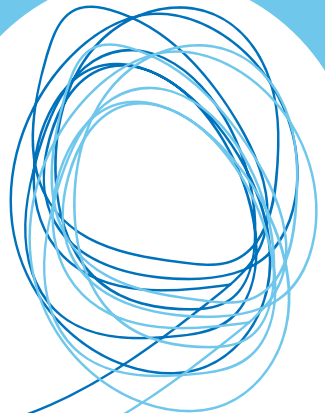
Stressed

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

