

# If something is worrying you it is never too early or too late to ask for SUPPORT

## Wellbeing Support Services



### Physical Wellbeing

- Ⓞ **Victim Support** available 24 hours 0808 1689 111 or live chat [www.victimsupport.org.uk](http://www.victimsupport.org.uk)
- Ⓞ **Birmingham Crisis Centre** support for victims of Domestic Abuse 24 hr helpline 0121 507 0707
- Ⓞ **SAYA** multilingual 24-hour helpline for Domestic Violence 0800 389 6990 (Bengali, Gujarati, Hindi, Punjabi and Urdu)
- Ⓞ **Men's Domestic Violence Helpline** 1800 000 599
- Ⓞ **Aquarius** support with alcohol, drugs and gambling 0121 622 8181
- Ⓞ **Talk to Frank** for facts, support and advice on drugs and alcohol 0300 123 6600 [www.talktofrank.com](http://www.talktofrank.com)
- Ⓞ **Umbrella** support for sexual health including home testing kits 0121 237 5700

### Emotional and Psychological Wellbeing

- Ⓞ **Togetherall.com** free to all BMet students and staff
- Ⓞ **Kooth.com** online mental wellbeing community, free, safe and anonymous support
- Ⓞ **Forward Thinking Birmingham and Pause Drop in** mental health support for people up to 25yrs 0300 300 0099 [www.forwardthinkingbirmingham.nhs.uk](http://www.forwardthinkingbirmingham.nhs.uk)
- Ⓞ **Samaritans** there's always someone there to listen 116 123
- Ⓞ **Shout 24/7** if you are struggling to cope and need mental health support free text service text SHOUT to 85258
- Ⓞ **Forced Marriage Unit** for help and advice 020 7008 5000 from overseas +44 (0)20 7008 5000 out of hours 020 7008 5000
- Ⓞ **West Midlands Police** forced marriage support and information [www.west-midlands.police.uk/your-options/forced-marriage](http://www.west-midlands.police.uk/your-options/forced-marriage)
- Ⓞ **Rape & Sexual Violence Project (RSVP)** 0121 643 4136
- Ⓞ **Strut Safe** to support anyone who feels unsafe when walking in public 0333 335 0026 Friday and Saturday 19:00 – 03:00 Sunday 19:00 – 01:00 [www.strutsafe.org](http://www.strutsafe.org)
- Ⓞ **The Waiting Room** a signposting website to a variety of community support services [www.the-waitingroom.org](http://www.the-waitingroom.org)

### Social Wellbeing

- Ⓞ **Birmingham LGBT** support to improve wellbeing and reduce isolation 0121 643 0821 [www.blgbt.org](http://www.blgbt.org)
- Ⓞ **Mermaids** support for gender diverse young people and their families helpline 0808 801 0400 text MERMAIDS to 85258 for free 24/7 crisis support [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)
- Ⓞ **Lesbian and Gay Switchboard UK** 0300 330 0630 [www.switchboard.lgbt](http://www.switchboard.lgbt)
- Ⓞ **Food Cycle** support for people who are hungry and lonely [www.foodcycle.org.uk](http://www.foodcycle.org.uk)

### Spiritual

- Ⓞ Birmingham and Solihull Mental Health to help you find or reconnect with things in your life [www.bsmhft.nhs.uk/service-user-and-carer/service-user-information/spiritual-care/](http://www.bsmhft.nhs.uk/service-user-and-carer/service-user-information/spiritual-care/)
- Ⓞ College Chaplains speak to your pastoral and welfare team for more information

### Intellectual

- Ⓞ **Birmingham Disability Resource Centre** 03030 402 040 [www.disability.co.uk](http://www.disability.co.uk)
- Ⓞ **Disability Rights UK** Promoting meaningful independent living for disabled people Disabled Students Helpline: 0330 995 0400. [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)
- Ⓞ **Scope** Information services on all aspects of disability 0808 800 3333 [www.scope.org.uk](http://www.scope.org.uk)
- Ⓞ **Dyslexia Association Birmingham** 0121 643 3737 [www.da-bham.org](http://www.da-bham.org)

### Economic

- Ⓞ **Trussell Trust** Foodbank support [www.trusselltrust.org](http://www.trusselltrust.org)
- Ⓞ **YMCA Birmingham** homelessness support 0121 477 4644
- Ⓞ **YMCA Sutton Coldfield** homelessness support 0121 354 5614
- Ⓞ **St Basils** homelessness support 0300 303 0099 text NEED ST BASILS to 62277
- Ⓞ **Turn2us** financial advice and benefits calculator [www.turn2us.org.uk](http://www.turn2us.org.uk)
- Ⓞ **GamCare** advice and, support for anyone harmed by gambling 0808 8020 133 or live chat on [www.gamcare.org.uk](http://www.gamcare.org.uk)
- Ⓞ **National Illegal Money Lending Team** for help and support on loan sharks 0300 555 2222 or text LOAN SHARK to 60003

Don't forget we have lots of wellbeing help and support in college, speak to your tutor or Pastoral and Welfare Team to find out more.