

# Are **you** experiencing low mood, anxiety or stress?

**SAMARITANS**

## **Samaritans**

A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

**Contact 116 123**  
or email  
[jo@samaritans.org](mailto:jo@samaritans.org)



## **Birmingham & Solihull Women's Aid**

Offering support to women and children affected by Domestic Abuse. Contact the helpline on

**0808 800 0028**

**YOUNGMINDS**  
fighting for young people's mental health

## **YoungMinds**

The UK's leading charity championing the wellbeing and mental health of young people. If you are experiencing a mental health crisis and need urgent help

**text YM to 85258 free for 24/7 support**

**St Basils**  
*Works with young people*

## **St Basil's**

Working with young people to enable them to find and keep a home, grow their confidence, develop their skills, increase opportunities and prevent homelessness.

**FREE text number to 62277  
or Birmingham Youth Hub –  
0300 303 0099**

 **umbrella**  
Birmingham and Solihull Sexual Health

## **Umbrella**

Providing free and confidential sexual health services in Birmingham and Solihull.

**[www.umbrellahealth.co.uk](http://www.umbrellahealth.co.uk)**

 **Cruse  
Bereavement  
Care**

## **Cruse Bereavement**

providing free bereavement support and counselling to anyone living in the Birmingham area.

**0121 687 8010**

 **mind**  
for better mental health

## **Mind**

Mind – Birmingham Mind is the largest independent mental health charity, promoting wellbeing, recovery and providing support with mental health

**0121 262 3555**  
or email  
[help@birminghammind.org](mailto:help@birminghammind.org)





### YMCA

Supports young people with offering support and advice for housing support and health and wellbeing.

**0121 477 4644**



### Talk to Frank

A service who offers support and advice on drugs and alcohol related concerns.

**0300 123 6600** 24/7 contact line or send a text to **82111**



### Papyrus

PAPYRUS is the UK Charity for the prevention of young suicide. Who offer support and advice for young people with thoughts of suicide.

**0800 068 4141** or email **pat@papyrus-uk.org**



### Birmingham LGBT

The city's leading charity advocating for and supporting lesbian, gay, bisexual and trans communities in Birmingham. Offer a range of services focused on improving the health & wellbeing of individuals

**0121 643 0821** or **hello@blgbt.org**



### Victim Support

Providing free and confidential sexual health services in Birmingham and Solihull.

**0300 303 1977** or for the out of hours support line **08 08 1689 111**



### Citizens Advice Birmingham

Offers advice on a wide range of issues related to housing or benefits to anyone living in the Birmingham area.

**03444 77 1010** or visit the website **www.bcabs.org.uk**



**Birmingham and Solihull Mental Health NHS Foundation Trust**

### Birmingham and Solihull Mental Health NHS Foundation Trust

Estimated 1 in 4 people in the UK will experience a mental health problem in their lifetime. This trust helps those people, their families and carers.

**0121 301 2525** or txt **"BHM"** to **60777**

**For urgent medical attention, your options are Accident & Emergency (A&E)**  
**For urgent medical advice you can call the NHS 111** (England) or **NHS Direct** (Wales).

