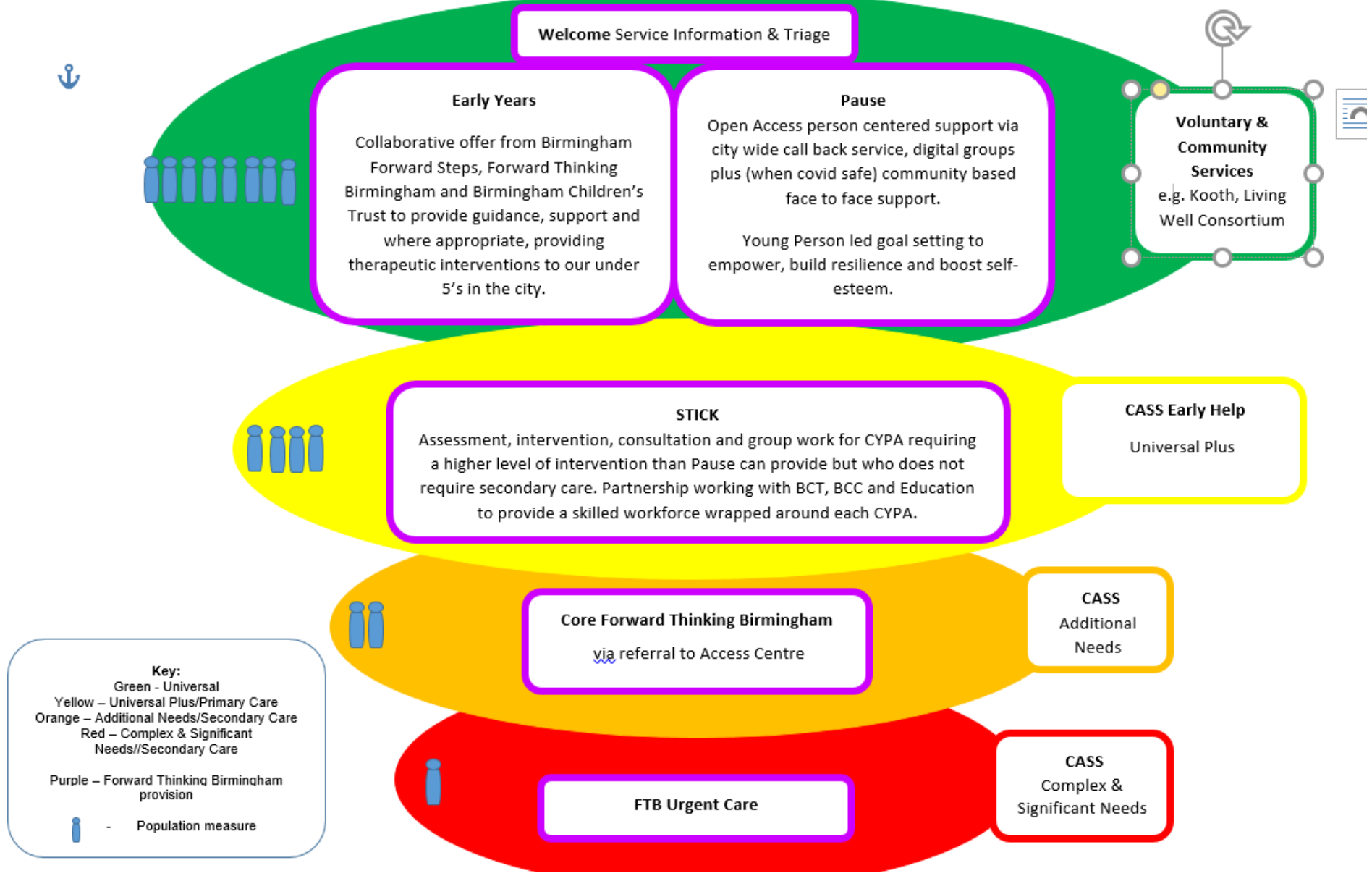


# A guide to young peoples mental health services in Birmingham for schools

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# Forward Thinking Birmingham Continuum of Care



Kooth	Online support for 11 + Available free at any time to young people . A number of online chat sessions can be provided	<a href="http://www.kooth.com/">http://www.kooth.com/</a>	City wide
Pause (part of forward thinking Birmingham )	For those under 25 and registered with a GP in Birmingham, young people can receive support from Pause. They also provide support for parents and carers who are concerned about their child or young person's wellbeing.  Pause can help with Anything relating to emotional wellbeing	To request a session register at link below  <a href="https://forwardthinkingbirmingham.nhs.uk/pause">https://forwardthinkingbirmingham.nhs.uk/pause</a> or call 020 784 14470	City wide
Birmingham Healthy Minds	Young people over 16 with anxiety and depression can self-refer by	call 0121 301 2525. Use online referral form <a href="https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/">https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/</a>	City wide
Living Well Consortium	Broad range of therapies and alternative ways to improve mental health for young people 16 and over	<a href="https://livingwellconsortium.com/">https://livingwellconsortium.com/</a> 0121 663 1217	
Bereavement support /Cruse	For all bereavement support for people of all ages	Email <a href="mailto:support@crusebirmingham.co.uk">support@crusebirmingham.co.uk</a> This will be collated and the correct service will get in touch	City wide
Cherished	Mentoring for girls Groups in schools for girls	<a href="https://www.cherisheduk.org/">https://www.cherisheduk.org/</a>	City wide

<p>Pause (part of forward thinking Birmingham )</p>	<p>For those under 25 and registered with a GP in Birmingham, young people can receive support from Pause. They also provide support for parents and carers who are concerned about their child or young person's wellbeing.</p> <p>Pause can help with <i>Anything</i> relating to emotional wellbeing</p>	<p>To request a session register at link below</p> <p><a href="https://forwardthinkingbirmingham.nhs.uk/pause">https://forwardthinkingbirmingham.nhs.uk/pause</a></p> <p>or call <b>020 784 14470</b></p>	<p>City wide</p>
<p>Evolve -Health mentoring service</p>	<p>Weekly mentoring for primary age children around emotional health</p>	<p>Contact Wenna Pietrantonio; Call 07966 750318 Email <a href="mailto:wenna@evolvesi.com">wenna@evolvesi.com</a></p>	<p>City wide</p>
<p>Forward Thinking Birmingham</p>	<p>Mental health services for young people</p>	<p>For urgent help 0300 300 0099 and you'll be able to speak to someone.</p> <p>You can also contact the Birmingham and Solihull 24/7 crisis number:</p> <p><b>0800 915 9292</b></p> <p><b>Make a referral</b> <a href="https://forwardthinkingbirmingham.nhs.uk/make-a-referral">https://forwardthinkingbirmingham.nhs.uk/make-a-referral</a></p>	<p>City wide</p>
<p>Forward thinking Birmingham urgent care</p>	<p>Accessed via above</p>		

## Online advice and resources for young people

<b>Young Minds</b> Good variety of online resources for young people to use	<a href="https://www.youngminds.org.uk/young-person/find-help/">https://www.youngminds.org.uk/young-person/find-help/</a>
<b>Use the resources on the Childline website including a wide range of Tools and techniques</b>	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
<b>Writing for Mental health</b> Downloadable tool kits for young people and adults facilitating the activity	<a href="https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/writing-for-mental-health/">https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/writing-for-mental-health/</a>

## Places young people can contact when they need

If you are feeling overwhelmed or are struggling to cope, you can:

**Text SHOUT or AFC to 85258.** It's a free and confidential 24/7 text message support service. They'll connect you with someone you can chat to. [Find out more.](#)

Call Childline on 08001111 or log onto <https://www.childline.org.uk/> to access online chat and other resources

## Support for parents where a young person is experiencing emotional well-being or mental health issues

**Action for Children Parent Talk website has a section on mental health and emotional well being  
Parents can also Chat on line to a Parenting coach on this site**

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/>

**Young Minds website has a parents section also**

<https://www.youngminds.org.uk/parent/find-help/>

**Autis  
Community group providing parents who have children with additional needs including mental health needs  
Run support groups and activities –runs from Highcroft centre Erdington**

<https://www.autisbirmingham.com/>

[support@autisbirmingham.com](mailto:support@autisbirmingham.com)

phone 07799 762992