



### Useful places to get support:

Your GP - if you feel worried about talking about your mental health, take a trusted friend with you

Pause Under 25 with a Birmingham GP, a drop-in emotional support service, no need to book [www.forwardthinkingbirmingham.nhs.uk/pause](http://www.forwardthinkingbirmingham.nhs.uk/pause)

The Living Well Consortium - lots of mental health free services [www.livingwellconsortium.com](http://www.livingwellconsortium.com)

The Waiting Room - Lots of free health and well-being services across Birmingham and Solihull [www.the-waitingroom.org](http://www.the-waitingroom.org)

If you are feeling worried about yourself or a friend:

SHOUT (Text 85258) is a free 24/7 text service, if you're struggling to cope and you need immediate help

Papyrus [www.papyrus-uk.org](http://www.papyrus-uk.org) for support and immediate help for suicidal thoughts

Samaritans 116 123 call for free 24/7 or email [116123@samaritans.org](mailto:116123@samaritans.org)

If you or a friend is in need of immediate help, call 999 or go to A&E at the hospital

