

Anxiety Support



Anxiety UK is a national charity that provides information, support and other services for anxiety and phobias

Tel: 08444 775 774

Website: www.anxietyuk.org.uk



No Panic is a charity that specialises in self-help-based recovery of anxiety disorders

Tel: 01753 840393

Website: www.nopanic.org.uk

Bereavement



Cruse offers support, advice and information to children, young people and adults when someone dies.

Tel: 02476 670714

Website: www.cruse.org.uk



AtaLoss helps bereaved people find support and wellbeing.

Website: <https://www.ataloss.org/>

Cancer



Help Harry Help Others offers cancer patients and their families and friends any support that is needed outside of treatment - all from under one roof.

Website: <https://hhho.org.uk/>

Drug and Alcohol Support



0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

Find out everything you need to know about drugs, their effects, and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.

Tel: 0800 776600

Website: www.talktofrank.com



Aquarius offer specialist services to support children and young people who use substances or who are affected by a parent or carer's substance misuse.

Website: <https://aquarius.org.uk/our-services/young-peoples-services/>

Eating Disorders



Beat provides support for individuals, friends and family who are suffering with an eating disorder.

Tel: 0808 801 0677

Website: www.beateatingdisorders.org.uk



Talk ED provides an essential support service for people struggling with eating disorders, and their loved ones.

Website: www.talk-ed.org.uk

Family Information and Support



If you aren't sure what support you and/or your family needs, the Family Information Service is a great starting point. Our knowledgeable and friendly team will listen to you and help you access the services that can support you.

Tel: 01926 742 274

Website: www.warwickshire.gov.uk/children-families

General Mental Health Support



The Mix is a counselling service & helpline supporting young people who are struggling or in crisis.

Tel: 0808 808 4994

Crisis Messenger: Text THEMIX to 85258

Website: www.themix.org.uk



Mind provides mental health support for children, young people and adults in Birmingham, including one-to-one support, drop-in hubs and courses and workshops, all tailored to support individuals in the ways that suit them best.

Tel: 024 7655 2847

Website: <https://birminghammind.org/>



Forward Thinking Birmingham is the city's mental health partnership, for 0–25-year-olds.

Tel: 0800 915 9292 (Birmingham 24/7 Crisis helpline)

Website: <https://forwardthinkingbirmingham.nhs.uk/>



Kooth is an Online Mental Health Community which offers emotional and mental health support for children and young people aged between 11 and 24.

Website: <https://www.kooth.com/>



Rethink Mental Illness provides support and advice for people living with mental illness.

Website: <https://www.rethink.org/>



Young Minds provides information on child and adolescent mental health. Services for parents and professionals.

Website: <https://www.youngminds.org.uk/>

LGBTQ+ Support



Birmingham LGBT provides a range of services for the LGBTQ+ Community in Birmingham and beyond. Including sexual health, domestic violence, counselling, wellbeing support and more.

Tel: 0121 643 0821

Email: hello@blgbt.org

Website: <https://blgbt.org/>



Stonewall seeks to enable LGBTQ+ people to remove barriers to accessing their potential and dealing with inequity through effective signposting for support and advice.

Website: www.stonewall.org.uk

Self Harm and Suicide Prevention



Harmless is a passionate organisation who works to address and overcome issues related to self-harm and suicide.

Contact form: <https://harmless.org.uk/contact/>

Website: www.harmless.org.uk



Alumina is a free, online 7-week course for young people struggling with self-harm.

<https://www.youthscape.co.uk/refer>

Website: <https://www.selfharm.co.uk/>



PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK.

Tel: 0800 068 4141

Website: www.papyrus-uk.org

Support for victims of crime



Victim Support is an independent charity in England and Wales that provides specialist practical and emotional support to victims and witnesses of crime.

Tel: 08 08 16 89 111

Website: www.victimsupport.org.uk

Homelessness



St Basils works with young people aged 16-25 who are homeless or at risk of homelessness, to enable them to find and keep a home, grow their confidence, develop their skills, increase opportunities, and prevent homelessness.

Texting free: 'Need St Basils' to 62277

Website: <https://stbasils.org.uk/>

If you need urgent mental health support and advice:

Call NHS 111 for physical or mental health emergencies (available 24/7)

Samaritans: call 116 123 (available 24/7)

SHOUT 85258: text 'SHOUT' to 85258 (available 24/7)

Always dial 999 in an emergency or, to contact the Police in a non-emergency, use 101.