

# MENTAL HEALTH SUPPORT LAUNCHED FOR BIRMINGHAM AND SOLIHULL

Are you feeling...

Overwhelmed

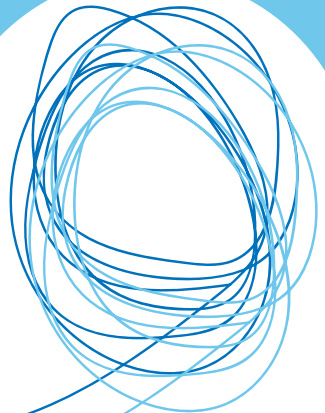
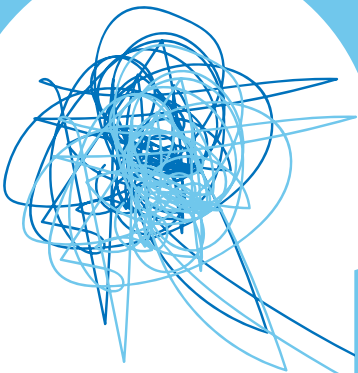
Stressed

Lonely

Isolated

Anxious

Afraid



## How to access the services:

Group	Opening hours and contact details
0-18 years in Birmingham	7 days a week (10am-6pm) 0207 841 4470 askbeam@childrenssociety.org.uk
0-19 years in Solihull	Monday- Friday (8am-8pm) 0121 301 2750 Weekends and evenings (8pm-8am) 0121 301 5500
11-25 years in Birmingham and Solihull	Online counselling and support 24/7 www.kooth.com
Over 18s in Birmingham and Solihull	7 days a week (9am-11pm) 0121 262 3555
Key workers	7 days a week (9am-11pm) 0121 663 1217

**For further information and any updates on other services available please go to:**

**<https://www.birminghamandsolihullccg.nhs.uk/your-health/mental-health-support-offer>**

