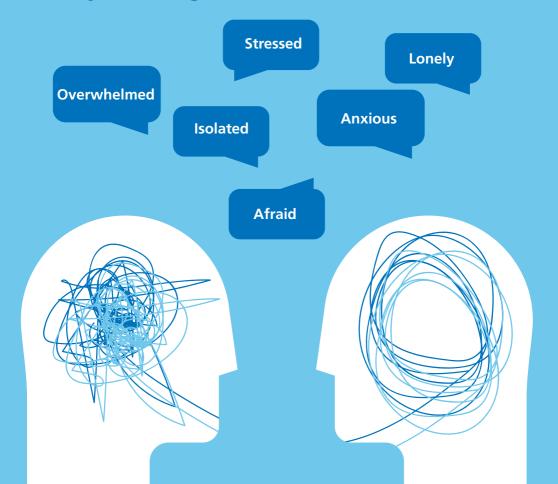


MENTAL HEALTH SUPPORT LAUNCHED FOR BIRMINGHAM AND SOLIHULL

Are you feeling...



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

