

**Need someone to talk to?
Struggling to cope with feelings?
We're here for you.**

Pause can help anyone under 25 with a Birmingham GP. We listen and help you find solutions – no referrals or long waits.

You choose when and how to use our service:

- **Drop-in face to face support is available, check our webpage for dates & venues. (Booked face to face sessions are available in certain circumstances.)**

Or

- **Request a phone or video call back, using the website or by calling the registration line.**

Our Service Operates:

- **Monday to Saturday**
- **We are closed Sundays & Bank Holidays.**



To find out more and register for support, visit:
<https://forwardthinkingbirmingham.nhs.uk/pause>
or call our Registration Line [0207 841 4470](tel:02078414470)
(please note local call charges do apply).

