

Support Organisations

Kooth

www.kooth.com
Online mental health
platform

Pause

askbeam@childrenssociety.org.uk
Need someone to talk to?
Struggling to cope with feelings?

MIND

0300 123 3393
For better mental health.
Information and Support

DV Hotline

0800 200 0247
Information and support

Age UK

0800 169 6565
Information and advice

La Leche

Help for Mums accessing
formula milk – 0345 120 2918

Mindful Healthcare

Online therapeutic
healthcare support
www.mindfulhc.co
Info@mindfulhc.co

Sutton Coldfield Together

tiny.cc/suttontogether
Hope Helpline from 09:00-18:00
on **07483 829 891** or email
h4s.h2h@gmail.com, for support
including delivering hot meals
(Monday to Thursday), food
parcels, help with shopping or a
friendly chat (Monday to
Saturday).

Birmingham Educational Psychology Service

please email
kate.smith@birmingham.gov.uk
Educational psychologist
helpline for parents and carers

Age Concern Birmingham

0121 362 3650 and is open
09:30-16:00, Monday to
Saturday

St Giles Hospice

01543 434 436
Information and support for
families and carers

Child Bereavement

0800 028 8840
Information and support

Child Line

0800 1111
Help and advice

Beyond the Horizon

0121 444 5454
Support for children, young
people and families

Samaritans

116 123
Emotional support