

Sources of External Support

Free, private and confidential services to discuss any worries or concerns
<p>Childline www.childline.org.uk 08001111</p>
<p>Samaritans www.samaritans.org.uk 116123 jo@samaritans.org</p>
Police
<p>999 Emergency calls 101 Non-emergency calls www.west-midlands.police.uk/contact-us</p>
Children's Services
<p>0121 303 1888 Emergency out-of-hours: 0121 675 4806 www.birminghamchildrenstrust.co.uk</p>
Mental Health
<p>Forward Thinking Birmingham 03003000099 www.forwardthinkingbirmingham.org.uk</p>
<p>Pause Drop in Service 21 Digbeth, Birmingham www.forwardthinkingbirmingham.org.uk/services/13-pause</p>
<p>Young Minds Charity www.youngminds.org.uk Crisis Messenger Text YM to 85258 Parents Helpline 08088025544</p>
Foodbanks
<p>Aston and Nechells Foodbank 07384 213621 (or 0121 359 0801) info@astonnechells.foodbank.org.uk www.astonnechells.foodbank.org.uk</p>
<p>Birmingham Central Foodbank 0121 236 2997 info@birminghamcentral.foodbank.org.uk www.birminghamcentral.foodbank.org.uk</p>