

**“Need someone to talk to?  
Struggling to cope with feelings?”**

**Pause** can help.

Visit **Pause** when we are open for drop-in to speak to an Emotional Health and Wellbeing Practitioner and access immediate support. We listen to you and help you find solutions.

There are no referrals or long waits - you choose when and how to use our service.

**Who do we support?**

Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face sessions. If you are aged **14 or over**, you can come to drop-in by yourself – if you are **under 14** you will need to visit with a parent or carer.

If you are a parent or carer who needs advice about how you can best support your child, you can also drop-in for support.

**A session at Pause can offer:**

- A non-judgemental listening ear
- Self-help strategies and skills for managing difficult situations and feelings
- Details of other support services that can help

**Each session lasts around 20-30 minutes and focuses on ways to move forward and feel better.**

**How do I access Pause?**

To find out more and register, visit: <https://forwardthinkingbirmingham.nhs.uk/pause>

Or call our registration line 0207 841 4470 (please note local call charges do apply).

You can also register when you drop-in.

**Drop-in sessions are available each week, please check our website!**

**If drop-in doesn't work for you, we have a limited number of booked appointments available. Request to have a phone or video session via our online form. Please be aware it may be a wait of over 1 month for a booked session.**

Our service operates:

Monday, Wednesday, Thursday, Fridays - 10-6pm,

Tuesdays 12-8 and Saturdays 10-5,

We are closed Sundays & Bank Holidays.

**Please check the website before coming to a drop-in session as in exceptional circumstances we may have to change drop-in times at the last minute.**