



**Birmingham and Solihull**  
Clinical Commissioning Group

# **Birmingham and Solihull Clinical Commissioning Group**

**Advocacy and Support Directory of Services  
for your local area**

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## BAME community advocacy and support services

Organisation name	Description	Contact details
<b>ACACIA</b>	<p>Help for Professionals Working with Black, Asian and Minority Ethnic Families. Welcome to Acacia's dedicated section for professionals working with mums and dads from black, Asian and minority ethnic (BAME) backgrounds.</p> <p>Here we have tried to pull together some resources and information to help you.</p>	<p>Telephone- 0121 301 5990            Email- Online feedback form available on website)            Website- <a href="https://www.acacia.org.uk/">https://www.acacia.org.uk/</a></p>
<b>MASH (Mentoring and Advocacy Service)</b>	<p>We work with African and Caribbean men and women in Birmingham with lived experience of mental health to provide friendship, support, mentoring &amp; advocacy, build on existing skills and develop new ones</p>	<p>Telephone- 0844 884 3133            Email- <a href="mailto:enquiries@mashhub.org.uk">enquiries@mashhub.org.uk</a>            Post- c/o Catalyst 4 Change, 38 Hunton Road, Erdington, Birmingham, B23 6AH,            Website- <a href="https://www.mashhub.org.uk/">https://www.mashhub.org.uk/</a></p>
<b>Chinese Community Centre Birmingham</b>	<p>They are a registered charity that aims to provide services to meet the social, health, welfare and development needs of the Chinese community.</p> <ul style="list-style-type: none"> <li>• Advice and Advocacy</li> <li>• Business Support</li> <li>• Carer's support</li> <li>• Elderly support</li> <li>• Interpreting and translating</li> </ul>	<p>Telephone-0121 685 8510            Email- Via online feedback form (click contact us tab)            Website- <a href="https://chinesebirmingham.org.uk/">https://chinesebirmingham.org.uk/</a></p>
<b>Roshni</b>	<p>They support Black, Asian &amp; Minority Ethnic communities (BAME) affected by domestic abuse including Forced Marriage &amp; Honour Based Abuse. Set up in 1979, Roshni Birmingham is a leading provider supporting BAME communities through their journey to safety, confidence and independence to live free from violence, abuse and fear.</p>	<p>Telephone- 0800 953 9666 (24 hour multi lingual domestic abuse helpline)  <a href="mailto:Email-admin@roshnibirmingham.org.uk">Email-admin@roshnibirmingham.org.uk</a>            Website- <a href="https://www.roshnibirmingham.org.uk/">https://www.roshnibirmingham.org.uk/</a></p>
<b>Ashiana Community Project</b>	<p>The Ashiana Community Project, improving the quality of life for people living, working and volunteering in Sparkbrook and surrounding areas.</p>	<p>Telephone- 0121 687 6767  <a href="mailto:Email-info@acpgroup.org.uk">Email-info@acpgroup.org.uk</a>            Website-<a href="http://acpgroup.org.uk/">http://acpgroup.org.uk/</a></p>

## Bereavement support services

Organisation name	Description	Contact details
<b>CRUSE</b>	<p>Offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.</p> <p>Cruse offers face-to-face and telephone support. CRUSE have a national helpline, local services, a website and a free phone helpline specifically for children and young people.</p> <p>CRUSE services are provided by trained volunteers and are confidential and free. CRUSE also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.</p>	<p>Telephone-0121 687 8010  <a href="mailto:Email-enquiries@crusebirmingham.co.uk">Email-enquiries@crusebirmingham.co.uk</a>  <a href="mailto:Email (2)- support@crusebirmingham.co.uk">Email (2)- support@crusebirmingham.co.uk</a>                      Website-http://www.crusebirmingham.co.uk</p>
<b>Bereavement support Resources</b>	<p>During the global Coronavirus pandemic, we are facing a tragic loss of life, often under very difficult circumstances. Bereaved people may have to deal with increased trauma, and may be cut off from some of their usual support network.</p>	<p><a href="http://www.birminghamandsolihullccg.nhs.uk/your-health/bereavement-support">www.birminghamandsolihullccg.nhs.uk/your-health/bereavement-support</a> You can call Tel: 0121 687 8010</p>
<b>Lily Mae Foundation</b>	<p>Supporting families and parents after a stillbirth, Neonatal death, miscarriage or termination.</p>	<p>Contact number (1)- 01676 535716                      Contact number (2)- 07853 969073 (out of hours/urgent)                      Email- <a href="mailto:info@lilymaefoundation.org">info@lilymaefoundation.org</a>                      Website-<a href="https://www.lilymaefoundation.org/">https://www.lilymaefoundation.org/</a></p>
<b>Support After Suicide Partnership</b>	<p>Support After Suicide Partnership is a UK wide network of over 70 members and supporters. We were founded in 2013 to bring together national and local organisations that are involved in delivering suicide bereavement support across the UK and to address the need for formal, multi-agency, proactive suicide bereavement support. We're a special interest group of the National Suicide Prevention Alliance (NSPA) based at Samaritans.</p>	<p>Email- Contact can be made via the online feedback form on the website                      Website- <a href="https://supportaftersuicide.org.uk/">https://supportaftersuicide.org.uk/</a></p>
<b>Birmingham and Solihull CCG</b>	<p>Please note for ease of reference, information can also be found on the CCG's website</p>	<p><a href="https://www.birminghamandsolihullccg.nhs.uk/your-health/bereavement-support">https://www.birminghamandsolihullccg.nhs.uk/your-health/bereavement-support</a></p>

## Children and younger people advocacy and support services

Organisation name	Description	Contact details
<b>Barnardo's Birmingham</b>	Barnardo's is a specialist advocacy service, they are available to give young people a voice, protect their rights and help.	Telephone (1) - 0121 359 5333 Telephone (2)-0121 454 6633 Email-available via website Website <a href="https://www.barnardos.org.uk/">https://www.barnardos.org.uk/</a>
<b>Child Line</b>	Child line is there to help anyone under 19 years' old who live in the UK. Child line has trained counsellors who can listen and help with anything that concerns you. Child line is free, private and available any time, day or night	Telephone-- 0800 1111 (Calls will not be charged or display on phone bill) Email- Email can be sent via the website when setting up an account Website- <a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Help at Hand</b>	This is run by the Children's Commissioner for England. If you're in care, leaving care, living away from home or have contact with children's services, Help At Hand can give you free support, advice and information.	Telephone-0800 528 0731 (you won't be charged for this) <a href="mailto:help.team@childrenscommissioner.gsi.gov.uk">Email- help.team@childrenscommissioner.gsi.gov.uk</a> Website- <a href="https://www.childrenscommissioner.gov.uk/help-at-hand/">https://www.childrenscommissioner.gov.uk/help-at-hand/</a>
<b>Youth Advocacy Service</b>	Youth Advocacy Service are all about standing up for children and young people's rights, making sure their voices are heard and that they get the help and support they need.	Telephone (1)-0808 808 1001 (Advocacy support) Telephone( 2)-0808 808 1001 (Helpline) <a href="mailto:Email-help@nyas.net">Email-help@nyas.net</a> . Website- <a href="https://www.nyas.net/">https://www.nyas.net/</a>

## Deafness, hard of hearing, visual impairment or dual sensory loss support services

Organisation name	Description	Contact details
<b>BID</b>	<p>BID Services is a charity who work in partnership with children, young people, adults and their families and carers. BID support people who are deaf, hard of hearing, visually impaired or have a dual sensory loss.</p> <p>BID specialist service areas include Advocacy, Employment, British Sign Language Interpreting, Training, Rehabilitation and Mobility Training. They also provide Specialist Equipment, Residential Care, Social Work, Support for Tinnitus and Housing Related Services.</p>	<p><b>Telephone number (1)- 0121 246 6100</b>  <b>Telephone number (2)- 0121 246 6101</b>  <a href="mailto:Email-Info@bid.org.uk">Email-Info@bid.org.uk</a>  <b>Website-www.bid.co.uk</b></p>

## Domestic abuse support services

Organisation name	Description	Contact details
<b>Gov.UK (advice and support)</b>	The GOV UK website includes a number of resources and signposting links for support for people at risk or suffering from domestic abuse.	<b>Website- https://www.gov.uk/guidance/domestic-abuse-how-to-get-help</b>
<b>West Midlands Police</b>	<p>West Midlands Police has launched 'No excuse for abuse', a domestic abuse support hub. Once the service user clicks the region they reside in this will pull up a list of domestic abuse support lines available.</p> <p>The silent solution</p> <p>If you are in danger and it is unsafe to speak, dial 999 and wait for instructions. Press 55 on your phone when prompted. The police will know this is an emergency, your call will be assessed and help will be arranged</p>	Website-https://www.westmidlands-pcc.gov.uk/no-excuse-for-abuse/
<b>Solihull Gov UK</b>	The Solihull Gov UK page includes a number of links for advice and support.	Website-https://www.solihull.gov.uk/crime-and-

		safety/Help-and-advice-about-domestic-abuse
<b>Women's Aid</b>	Women's Aid is a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.	Website- <a href="https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/">https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/</a> <a href="mailto:Email-helpline@womensaid.org.uk">Email-helpline@womensaid.org.uk</a>
<b>Respect-Men's advice line</b>	The Men's Advice Line is for male victims of domestic abuse. It offers confidential advice, non-judgmental emotional support, practical information and help	Telephone-0808 801 0327 <a href="mailto:Email-info@mensadvice.org.uk">Email-info@mensadvice.org.uk</a> Website- <a href="https://mensadvice.org.uk/">https://mensadvice.org.uk/</a>
<b>The Hideout</b>	Women's Aid has created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you	Website- <a href="http://thehideout.org.uk/young-people/is-it-happening-to-me/">http://thehideout.org.uk/young-people/is-it-happening-to-me/</a>
<b>Birmingham and Solihull CCG</b>	Please note for ease of reference, information can also be found on the CCG's website.	<a href="https://www.birminghamandsolihullccg.nhs.uk/your-health/domestic-abuse-support">https://www.birminghamandsolihullccg.nhs.uk/your-health/domestic-abuse-support</a>

## General advocacy and support services

Organisation name	Description	Contact details
<b>POhWER</b>	<p>POhWER is for people who are vulnerable due to a disability, illness or due to their age they may find it difficult to put their views across or feel they aren't being listened to. PohWER advocates can support people to deal with an issue they are facing. They can provide additional advice and support.</p> <p>POhWER also have a Birmingham Advocacy Hub which delivers the following services:</p> <ul style="list-style-type: none"> <li>• Independent Mental Health Advocacy (IMHA)</li> <li>• Care Act Advocacy</li> <li>• NHS Complaints Advocacy</li> <li>• Community Advocacy</li> <li>• Group, Citizen and Peer Advocacy</li> </ul>	<p>Telephone- 0300 456 2370            Email- <a href="mailto:pohwer@pohwer.net">pohwer@pohwer.net</a>            Post- PO Box 17943,            Birmingham,            b9 9PB            Website-  <a href="https://www.pohwer.net/">https://www.pohwer.net/</a></p>

<b>Healthwatch Birmingham</b>	<p>Are independent champions for health and social care services.</p> <p>They exist to ensure people are at the heart of care. They provide patients and the public with ways to feedback and have a stronger say about the services they use. They listen to what people like about services, and what could be improved. This could be about general practices, hospitals, dentists, opticians, pharmacists, nursing and residential homes or care you receive in the community.</p>	<p>Telephone - 0800 652 5278 or 0121 636 0990</p> <p>Email- <a href="mailto:info@healthwatchbirmingham.co.uk">info@healthwatchbirmingham.co.uk</a></p> <p>Website- <a href="https://healthwatchbirmingham.co.uk/">https://healthwatchbirmingham.co.uk/</a></p>
<b>Healthwatch Solihull</b>	<p>Are an independent champion for people who use health and social care services in the Solihull borough.</p> <p>They listen to what people think is good about local services and what could be improved. You can share information with them about GP surgeries, dentists, pharmacies, hospitals, mental health services, local care homes, home care services or any other publicly-funded health and social care service.</p> <p>They then take what you have told them to people who run, regulate and commission health and social care services in the borough with the aim of shaping future health and social care services for the better.</p>	<p>Telephone-0800 470 1518</p> <p><a href="mailto:enquiries@healthwatchesolihull.org.uk">Email- enquiries@healthwatchesolihull.org.uk</a></p> <p>Website- <a href="https://healthwatchesolihull.org.uk/">https://healthwatchesolihull.org.uk/</a></p>
<b>Advocacy Matters</b>	<p>Are a specialist advocacy service (end of life, stroke, neurological, domestic violence, living with HIV, learning disabilities, autism, dementia, some mental health advocacy and Care Act advocacy). Check their website or phone them to determine which areas are covered by which contract.</p>	<p>Telephone: 0121 321 2377,</p> <p>Email- Online feedback form available on the website page.</p> <p>website- <a href="http://www.advocacymatters.co.uk">www.advocacymatters.co.uk</a></p>
<b>Route 2 wellbeing</b>	<p>Makes it easy to find local services and activities that promote good health and wellbeing. During these unprecedented times, in order to help people, find essential support, they have a range of services and activities under a new category 'COVID-19 Support'. Patients and GP's are able to use the link to their website to find local support networks within their area.</p>	<p>Website- <a href="http://r2wbirmingham.info">r2wbirmingham.info</a></p>

## Learning Difficulties advocacy and support services

Organisation name	Description	Contact details
<b>Birmingham Gov UK (Learning Disabilities support)</b>	<ul style="list-style-type: none"> <li>• Help for people with learning difficulties</li> <li>• Help with managing finances</li> <li>• Support for people who cannot make or understand</li> </ul>	<p>Website- <a href="https://www.birmingham.gov.uk/info/20063/learning_disability_services">https://www.birmingham.gov.uk/info/20063/learning_disability_services</a></p>



	decisions and support for carers	
<b>Solihull Gov UK</b>	This website contains multiple links for support and advice for adult social care and support for Solihull residents	Website- <a href="https://www.solihull.gov.uk/social-care-and-support">https://www.solihull.gov.uk/social-care-and-support</a>
<b>CASBA Advocacy</b>	<p>CASBA support people with a Learning Disability to self-advocate.</p> <p>They provide advocacy services to help adults in South Birmingham to deal with difficult situations.</p> <ul style="list-style-type: none"> <li>• Offers specialist Advocacy support for Parents with Learning Disabilities who are going through periods of crisis, which directly affect their children or family life.</li> <li>• they are now offering support for those who are in a caring role for adults 55 plus who have a Learning Disability, as part of Birmingham Forward Carers Initiative. CASBA are offering regular telephone support, plus facilitation of peer support, through face to face or virtual meetings.</li> <li>• This project provides advocacy and volunteer support to families where carers are becoming less able or frail and are concerned for the future of the person they care for who has a Learning Disability. Advocates and volunteers work with families to put in place circles of support to lessen future crises</li> </ul>	<p>Contact number-0121 475 0777</p> <p>Email- <a href="mailto:admin@casba.org.uk">admin@casba.org.uk</a></p> <p>Post- CASBA, St Laurence Pastoral Centre, 173 Church Road, Northfield, Birmingham, B31 2LX</p> <p>Website-<a href="https://www.casba.org.uk/">https://www.casba.org.uk/</a></p>
<b>Solihull Action through Advocacy</b>	They are an independent charity providing advocacy mainly for people with learning disabilities. They help people develop self-advocacy skills and support peer advocates in campaigning for change. Their work enables people to have more control over their lives and to make the changes that they wish to.	<p>Telephone-0121 706 4696</p> <p>Email-<a href="mailto:office@solihulladvocacy.org.uk">office@solihulladvocacy.org.uk</a></p> <p>Website-<a href="https://solihulladvocacy.org.uk/">https://solihulladvocacy.org.uk/</a></p>
<b>Solihull First Advocacy (In partnership with Independent Advocacy)</b>	<p>Are working in partnership with Independent Advocacy to deliver a single advocacy service for residents of Solihull under the banner of Solihull First Advocacy.</p> <p>This service covers:</p> <ul style="list-style-type: none"> <li>•all statutory advocacy that is the responsibility of Solihull MBC.</li> <li>•non-statutory, community and peer-based advocacy for residents of Solihull.</li> </ul>	<p>Telephone-0121 296 4277</p> <p>Email- <a href="mailto:contact@solihullfirstadvocacy.com">contact@solihullfirstadvocacy.com</a></p> <p>Website- <a href="https://www.solihullfirstadvocacy.com/">https://www.solihullfirstadvocacy.com/</a></p>
<b>Independent Advocacy</b>	<p>This service is for Solihull residents who need an advocate to help ensure they can make decisions in the community.</p> <ul style="list-style-type: none"> <li>• Independent Mental Capacity Advocacy (IMCA) including Relevant Person's Paid Representative (RPPR)</li> <li>• Independent Mental Health Advocacy (IMHA)</li> </ul>	<p>Telephone-024 7669 7443</p> <p>Email- <a href="mailto:office@independentadvocacy.org.uk">office@independentadvocacy.org.uk</a></p> <p>Website- <a href="https://www.independentadvocacy.org/">https://www.independentadvocacy.org/</a></p>

	<ul style="list-style-type: none"> <li>• Care Act Advocacy</li> <li>• NHS Complaints Advocacy</li> <li>• Community Advocacy</li> <li>• (Advocacy through Solihull First)</li> </ul>	
<b>National Autistic Society</b>	<p>Provide in-depth advice and guidance on the challenges Autistic people and their families face, their contact centre of dedicated helplines is there for you.</p> <p>Contact the Autism helpline to access educational and mental health support. Autism helpline provides impartial, confidential information and advice.</p>	<p><b>Telephone-- 0808 800 4104</b>  <b>Email-nas@nas.org.uk</b>  <b>Website-https://www.autism.org.uk/</b></p>

## LGBT community advocacy and support services

Organisation name	Description	Contact details
<b>LGBT Birmingham</b>	<p>Birmingham LGBT is the city's leading charity advocating for and supporting lesbian, gay, bisexual and trans communities in Birmingham and beyond. We offer a range of services focused on improving the health &amp; wellbeing of individuals.</p> <p>We also believe passionately that Birmingham should be one of the best places in the UK for Lesbian, Gay, Bisexual and Trans (LGBT) people to live, work and socialise, and we work to enable a thriving, visible and proud LGBT community in the city.</p> <ul style="list-style-type: none"> <li>• Sexual health service (0121 643 0821)</li> <li>• Counselling service (to book an appointment email counselling@blgbt.org)</li> <li>• Domestic Violence service (to make a referral email idva@blgbt.org or contact 0121 643 0821)</li> <li>• Trans Wellbeing service</li> <li>• Support services</li> </ul>	<p>Telephone-0121 643 0821  Email- <a href="mailto:hello@blgbt.org">hello@blgbt.org</a>  Website- <a href="https://blgbt.org/">https://blgbt.org/</a></p>
<b>Mind Out</b>	<p>Mind Out is a mental health service run by and for lesbians, gay, bisexual and trans people.</p> <p>We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.</p> <p>We welcome all LGBTQ people and those who may not identify as LGBTQ including men who have sex with men, women who have sex with women, intersex people, people who</p>	<p>Telephone- 01273 234839  Email-<a href="mailto:info@mindout.org.uk">info@mindout.org.uk</a>  Website- <a href="https://mindout.org.uk/">https://mindout.org.uk/</a></p>

	previously identified as trans and people who are questioning their sexual gender identities. If in doubt, please do contact us.	
<b>LGBT Support and Information</b>	Have been providing support to the LGBT Community for years and are here to help you. Contact us by Phone, Instant Message or Email, to talk about anything you want. Non-judgemental information	Telephone- 0300 330 0630 Website- <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>
<b>GALOP</b>	GALOP the LGBT and Anti Violence Charity. GALOP support all LGBT people who have experienced hate crime, domestic abuse or sexual violence.	Telephone- 0800 999 5428 Email- <a href="mailto:advice@galop.org.uk">advice@galop.org.uk</a> Website- <a href="https://www.galop.org.uk/#">https://www.galop.org.uk/#</a>

## Mental Health advocacy and support services

Organisation name	Description	Contact details
<b>The waiting room (Birmingham and Solihull)</b>	The waiting room contains a number of links which contain contact details for a number of wellbeing support organisations that support with a number of matters such as mental health, abuse and many others.	Website- <a href="https://the-waitingroom.org/">https://the-waitingroom.org/</a>
<b>Autism West Midlands</b>	Enriching the lives of autistic people living in the West Midlands. They use their passion and expertise to enrich the lives of people on the autism spectrum and those who care for them <ul style="list-style-type: none"> <li>• Adult support</li> <li>• Family support</li> <li>• Apply for an alert card for autistic people (13 years or older).</li> </ul>	Telephone (1)- 0121 450 7582 (Reception) Telephone (2)- 0121 450 7575 (Helpine) Email- <a href="mailto:info@autismwestmidlands.org.uk">info@autismwestmidlands.org.uk</a> Website- <a href="https://www.autismwestmidlands.org.uk">https://www.autismwestmidlands.org.uk</a>
<b>Birmingham Mind</b>	Is the largest independent mental health charity providing services in and beyond Birmingham's boundaries.	Telephone (Helpline)- 0121 262 3555, Email- <a href="mailto:help.birminghammind.org">help.birminghammind.org</a> Website- <a href="http://www.birminghammind.org">www.birminghammind.org</a>
<b>Solihull Mind</b>	Is a local voluntary sector organisation for mental health in the Solihull borough. They provide a wide range of services providing advice, information and support to people with mental health problems.	Telephone- 0121 742 4941 or 0121 743 4237 <a href="mailto:Email-contact@solihullmind.org.uk">Email-contact@solihullmind.org.uk</a> Website- <a href="http://www.solihullmind.org.uk/">http://www.solihullmind.org.uk/</a>

<b>Rethink Mental Health</b>	Improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning. Their goal is to make sure everyone affected by severe mental illness has a good quality of life.	Telephone (1)- 0808 801 0525 (Helpline_ Telephone (2) 0121 522 7007 (general enquiries) Email-info@rethink.org Website-www.rethink.org
<b>BCA (Building Community Advocacy)</b>	BCA is an independent organisation providing free advocacy services. BCA Advocacy provide advocacy at their forensic sites (Reaside, Tamarind, Ardenleigh and Hillis Lodge)  This service supports and represents people using mental health services.  Building Community Advocacy provides Independent Mental Capacity Advocacy and also has experience working with diverse populations and specialist groups including deaf and hard of hearing, BME, LGBT, older adults, child and adolescent, eating disorders, mother and baby units.	Telephone- 0121 450 5141 Email- admin@bcadvocacy.org Website- http://www.bcadvocacy.org.uk/
<b>Alzheimer's Society Solihull</b>	The Alzheimer's Society in Solihull have an advocacy service for people living with Alzheimer's and dementia that can help you: <ul style="list-style-type: none"> <li>• understand your rights</li> <li>• express your views</li> <li>• make informed choices and decisions</li> <li>• represent and speak on your behalf if you are unable to</li> </ul>	Telephone-0121 706 4052 <a href="mailto:birminghamandsolihull@alzheimers.org.uk">Email-birminghamandsolihull@alzheimers.org.uk</a> Website- <a href="https://www.alzheimers.org.uk">https://www.alzheimers.org.uk</a>
<b>Samaritans</b>	A Charity organisation which gives people an opportunity who are in a crisis or distress to have the opportunity to speak to someone and discuss their concerns.	Telephone (1) - Dial 116 Telephone (2)- Dial 123 <a href="mailto:Email-Email-Jo@samaritans.org">Email-Email-Jo@samaritans.org</a> Website- <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
<b>Birmingham and Solihull Urgent Mental Health line (Mind)</b>	Urgent mental health help is needed you can ring 0121 262 3555 for advice and support.  This line is available 24 hours, 7 days a week and can be used whether you are known to our services or not.	Telephone-0121 262 3555 Email- Info@Mind.org.uk Website- <a href="https://www.mind.org.uk">https://www.mind.org.uk</a>
<b>Pause (for 0-25 years old)</b>	If you are under 25 and registered with a GP in Birmingham, you can receive support from Pause. Pause also provide support for parents and carers who are concerned about their child or young person's wellbeing. Pause can help with anything relating to mental wellbeing.  The Pause team is made up of experienced wellbeing practitioners & wellbeing volunteers who will take the time to listen to whatever it is that is troubling you.	Telephone (1) -0207 841 4470 Telephone (2)- 0300 300 0099 (Crisis) Website- <a href="https://www.forwardthinkingbirmingham.org.uk/services/13-pause">https://www.forwardthinkingbirmingham.org.uk/services/13-pause</a>
<b>Solar (for 0-19 years old)</b>	Solar is the emotional wellbeing and mental health service for those aged 0-19 years, in Solihull. Solar is provided by Birmingham and Solihull Mental Health NHS Foundation Trust in collaboration with Barnardo's and Autism West Midlands. The service aims to:	Telephone-0121 301 2750 Website- <a href="https://www.bsmhft.nhs.uk/our-services/solar-youth-services/">https://www.bsmhft.nhs.uk/our-services/solar-youth-services/</a>

	Meet the emotional wellbeing and mental health needs of children and young people, and support them to move on from the service when they are ready.	
<b>Kooth</b>	Kooth is an online mental wellbeing community. Kooth provides Free, safe and anonymous support.	Website- <a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Birmingham and Solihull CCG</b>	Please note for ease of reference, some of these organisations are listed together on the CCG website	<a href="http://www.birminghamandsolihullccg.nhs.uk/health/mental-health-support-offer">/www.birminghamandsolihullccg.nhs.uk/health/mental-health-support-offer</a>

## Sexual assault and rape victim's advocacy and support services

Organisation name	Description	Contact details
<b>RSVP Project</b>	<p>At RSVP, we believe that everyone deserves a life free from sexual violence and abuse. We offer empathic services to support and inspire children and adults of all genders who have been subjected to sexual violence and abuse.</p> <p>Our confidential services are delivered with compassion, professionalism and humanity. We are here to offer you the tools, and understanding, to enable you to overcome the effects of sexual violence for a hopeful and confident future.</p>	<p>Telephone-0121 643 0301  <a href="mailto:Email-info@rsvporg.co.uk">Email-info@rsvporg.co.uk</a>            Website-<a href="https://rsvporg.co.uk/">https://rsvporg.co.uk/</a></p>
<b>Birmingham and Solihull Women's Aid</b>	Birmingham and Solihull Women's Aid supports women and children affected by sex-based abuse including domestic violence, rape, sexual assault, female genital mutilation and forced marriage. We believe that women and children have the right to live free from violence, abuse and fear.	<p>Telephone-0808 800 0028  <a href="mailto:Email-info@bswaid.org">Email-info@bswaid.org</a>            Website- <a href="https://bswaid.org/">https://bswaid.org/</a></p>

## Victim of crime support service

Organisation name	Description	Contact details
<b>Victim Support</b>	If you've been affected by crime, we can give you the support you need to move forward. Our services are free, confidential and available to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened. Choose from a number of ways to contact us	<p>Telephone-08 08 16 89 111            Email- Online feedback form available on website            Website-  <a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a></p>

## Other useful Organisations and websites

Organisation name	Description	Contact details
<b>AGE UK Solihull</b>	Age UK Solihull is working with older people on an individual basis. Our mission is to improve the lives of all older people in the borough of Solihull.	Telephone-0121 704 7840 <a href="mailto:info@ageuksolihull.org.uk">Email-info@ageuksolihull.org.uk</a> Website- <a href="https://www.ageuk.org.uk/solihull/">https://www.ageuk.org.uk/solihull/</a>
<b>Solihull Carers Centre</b>	Have existed for over 16 years and are the lead organisation for family carers in Solihull. They provide free and meaningful support to carers from supporting their emotional and physical wellbeing to preventing crisis and keeping families together.	Telephone-0121 788 1143 <a href="mailto:centre@solihullcarers.org">Email-centre@solihullcarers.org</a> Website- <a href="http://www.solihullcarers.org">www.solihullcarers.org</a>
<b>Community Navigator Series CIC</b>	Community Navigator Services CIC (CNS) is a user-led organisation with two key aims: 1)to help people help themselves, 2) to support organisations change to become more accessible and approachable.  We are passionate about social justice, and experienced in advocacy, training, coaching, mentoring, and communication.	Telephone-0121 722 8958 Email Website- <a href="http://www.communitynavigatorservices.org">www.communitynavigatorservices.org</a>
<b>GOV UK (Department of Health)</b>	Provides information on covid and also information and a link on how to request a covid test.	Website- <a href="https://www.gov.uk/government/organisations/department-of-health-and-social-care">https://www.gov.uk/government/organisations/department-of-health-and-social-care</a>