

## Where can I go for support if I need it?



### Young Minds

The YoungMinds Crisis Messenger text service provides free 24/7 crisis support across the UK.

If you are experiencing a mental health crisis and need support, you can text YM to 85258. We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.



### Websites and phone numbers aimed at your wellbeing

<https://youngminds.org.uk/> (Mental health)

<https://papyrus-uk.org/> (Suicide Prevention)

<https://b.barnardos.org.uk/arch.htm> (Emotional Difficulties)

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s> (Safer internet use)

<https://www.nhs.uk/live-well/healthy-body/the-effects-of-drugs/> (Health impacts of drug misuse)

0800 1111 <https://www.childline.org.uk/get-support/> (Childline)

<https://www.autismwestmidlands.org.uk/what-we-do/family-support/groups-for-young-people/> (Autism West Midlands)

### Within school

- Tutor
- Teachers
- Progress Leader
- Key Stage Leader
- Student Support Services
- Support staff
- Peer mentors
- Learning Support
- Through the school website <https://www.arthurryerry.bham.sch.uk/wellbeing>



### Birmingham School Nurse Team:

The full poster can be seen in Student Support Services



### Pause drop-in centre in Digbeth

“Pause is our city centre drop-in service, based in Digbeth. Run by our partners at The Children's Society, it's a little bit different to other mental health services you might have experienced. The best bit about Pause is you don't need an appointment; you can simply drop in for a chat. Whatever your reason for coming, whether you're a little worried about something that's going on in your life or you just need some space to think, Pause is here for you.”



#### **Opening times:**

**Monday, Tuesday, Thursday, Friday:** 10am-6pm,  
**Wednesday:** 12pm-8pm, **Saturday and Sunday:** 11am-4pm

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>