



Staying safe during the Christmas holidays

Pause continues to operate over the festive period to provide drop-in support, a space to be heard and explore feelings and talk about real life.

They support anyone under 25 years old with a Birmingham GP. They:

- provide brief, therapeutic support for emotional wellbeing
- give practical support and suggestions in 1:1 session
- take time to listen to ensure our you feel heard
- let you choose – come to see us when you want to and talk about whatever you like – it’s up to you if you come back and when.

Drop-in to talk - check out their webpage for times and locations each week forwardthinkingbirmingham.nhs.uk/pause

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Christmas and mental health

The Mind website explains how the period around Christmas and New Year might affect your mental health. It gives tips on how to cope and suggestions for supporting someone else.

Visit [the website](#) for more information.

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For over 16 year olds:

Warren Farm Road, walk in support from Birmingham Healthy Minds:

https://www.mysurgerywebsite.co.uk/website/M85046/files/patient_mental_health%20pathway%20FINAL.pdf

