

**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

**Pause can help anyone under 25 with a Birmingham GP. We listen and help you find solutions – no referrals or long waits.**

**You choose when and how to use our service:**

**• Drop-in face to face support is available, check our webpage for dates & venues. (Booked face to face sessions are available in certain circumstances.)**

**Or**

**• Request a phone or video call back, using the website or by calling the registration line.**

**Our Service Operates:**

- Monday to Saturday**
- We are closed Sundays & Bank Holidays.**



**To find out more and register for support, visit:**  
**<https://forwardthinkingbirmingham.nhs.uk/pause>**  
**or call our Registration Line [0207 841 4470](tel:02078414470)**  
**(please note local call charges do apply).**

