

Pause.

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:

- This summer drop-in face to face support is available at **Sparkbrook Community & Health Centre, 34 Grantham Road, Sparkbrook, Birmingham, B11 1LU**
- **Thursday's 10:30am-3:30pm** (please note sessions will not be delivered in the last 30 minutes).
- **Please check our webpage for other drop-in venues and dates.** (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.

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

Our Service Operates:

- Monday to Saturday
- We are Closed Sundays & Bank Holidays.

