

# Pause.

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

**Pause can help, we listen and help you find solutions – no referrals or long waits, you choose when and how to use our service. Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.**

**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).**

**Drop-in sessions will be offered around the Birmingham area, not just in City Centre. For up to date locations, visit our website for more information.**

**Pause can offer:**

- **A non-judgemental listening ear.**
- **Self-help strategies, skills for managing difficult situations and feelings.**
- **Detail of other support services that can help.**

**Each session last around 20-30 minutes which focuses on ways forward.**

**Our Service Operates:**

- **Monday, Wednesday, Thursday, Fridays - 10am-6pm**
- **Tuesdays 12pm-8pm**
- **Saturdays 10am-5pm**
- **We are Closed Sundays & Bank Holidays.**

