

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.

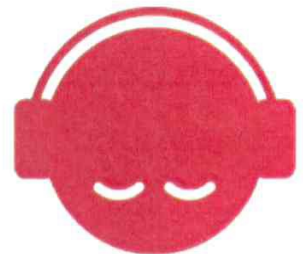
Pause can offer:

- **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.**



**The
Children's
Society**

"I liked how easy it was to share my problems and that I got support in my first chat."



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"I was feeling lost and stuck and did not know how to support my child which is heart breaking. Having Pause to turn to has lifted the fog and I feel less alone with it. "



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Pause. Christmas Opening Times

Mon 20th December 2021 - 10am-6pm
Tue 21st December 2021 - 12pm-8pm
Wed 22nd December 2021 - 10am-6pm
Thu 23rd December 2021 - 10am-6pm
Fri 24th December 2021 - 11am-4pm
Sat 25th December 2021 - Closed
Sun 26th December 2021 - Closed
Mon 27th December 2021 - Closed
Tue 28th December 2021 - 11am-4pm

Wed 29th December 2021 - 10am-5pm
Thu 30th December 2021 - 10am-5pm
Fri 31st December 2021 - 11am-4pm
Sat 1st January 2022 - Closed
Sun 2nd January 2022 - Closed
Mon 3rd January 2022 - 11am-4pm
Tue 4th January 2022 - 12pm-8pm

Normal operating hours from Wed 5th January 2022 onwards.

Please note that we won't be operating arranged Face to Face drop-ins during these periods.



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Birmingham

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