

HELP & SUPPORT FOR CHILDREN AND ADULTS

The services below are there to give support and guidance if you have concerns or need advice.

ChildLine

0800 1111



INFO AND ADVICE

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

NSPCC

CALL THE NSPCC HELPLINE

If you are worried about a child, even if you are unsure, contact our professional counsellors for help, advice and support.

Call us **0808 800 5000**
Between 9am and midnight.
or email help@nspcc.org.uk.



BIRMINGHAM
CHILDREN'S TRUST

WORRIED ABOUT A CHILD?

Call: **0121 303 1888**

Monday to Thursday:

8:45am to 5:15pm

Friday: 8:45am to 4:15pm

Emergency out-of-hours

Telephone: 0121 675 4806

YOUNGmINDS

If you are a worried parent

Call: **0808 802 5544**

If you are a young person
who needs help or support

Text: **YM to 85258**



BSWA

Birmingham & Solihull Women's Aid

Confidential Helpline:

0808 800 0028

Men's Advice Line

for male domestic abuse survivors

0808 801 0327

Refuge

For women and children.
Against domestic violence.

The freephone,
24-hour National
Domestic Abuse Helpline
0808 2000 247



post@fairfax.fmat.co.uk

Do you have
concerns about
a child?



If you have immediate concerns for a child and are unable to contact any of the relevant authorities above, call West Midlands Police on **999**