

## 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](mailto: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.bham.sch.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**