Pause.

ForwardThinking Birmingham

The Children's Society

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

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on askbeam@childrenssociety.org.uk in the first instance.



Or call 0207 841 4470 and we will arrange for one of our friendly staff to call you back but email is much quicker.

Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:

Email or Call Us - 10am - 6pm, 7 days a week