

## **MENTAL HEALTH SUPPORT OFFER**

A range of new, easily accessible mental health support is now available for patients in Birmingham and Solihull. This support is available to local people of all ages as well as keyworkers.

These services are provided by a range of local organisations, and offer emotional help, guidance and reassurance to people in Birmingham and Solihull who may be finding the current Coronavirus situation overwhelming.

### **How to access the services**

#### **Group**

Opening hours and contact details

All residents of Birmingham and Solihull and keyworkers

Available 24 hours a day, 7 days a week

Call: 0121 262 3555

#### **0-25 year olds in Birmingham**

Available 10am to 6pm, 7 days a week

Call: 0207 841 4470

Email: askbeam@childrenssociety.org.uk

#### **0-19 year olds in Solihull**

Monday to Friday SOLAR is available 8am to 8pm

Call: 0121 301 2750

Between 8pm to 8am and on weekends please call 0121 301 5500 and ask for Solar

#### **11-25 year olds in Birmingham and Solihull**

Peer to peer support through moderated discussion forums, self-care tools and resources and online mental health counselling and chat services from 12pm-10pm during the week, and 6pm-10pm at weekends:

[www.kooth.com](http://www.kooth.com)