

SUPPORT ORGANISATIONS IN BIRMINGHAM

Counselling services

Birmingham Healthy Minds

An NHS psychological support service helping people manage mild to moderate mental health issues.

T: 0121 301 2525

W: www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/

Birmingham Mind

Practical and emotional mental health support for people living in Birmingham.

T: 0121 608 8001 / 0121 262 3555 (urgent/crisis support line open 24/7)

E: help@birminghammind.org

W: www.birminghammind.org/

Carrs Lane Counselling Centre

Low cost counselling service in Birmingham city centre.

T: 0121 643 6363

E: counselling@carrslane.co.uk

W: www.carrslanecounselling.co.uk/

Living Well Consortium

Mental health support for individuals living in Birmingham and Solihull.

T: 0121 663 1217

E: info@livingwellconsortium.com

W: www.livingwellconsortium.com/

Our Roots CIC

Mental health support and counselling for people living in Birmingham.

T: 0121 439 9045

E: info@ourrootscic.co.uk

W: www.ourrootscic.co.uk/

Relate

Relationship and family counselling including mediation. Also offer a counselling service with Macmillan for people whose lives have been affected by cancer. Other bases can be found in the West Midlands including Wolverhampton, Sandwell & Solihull.

T: 0121 643 1638

E: info@relatebirmingham.co.uk

W: www.relatebirmingham.co.uk/

Additional support services

Aquarius

Midlands based charity that supports people affected by drugs, alcohol and gambling.

T: 0121 622 8181

W: www.aquarius.org.uk/

Birmingham and Solihull Women's Aid

Support for women and children who are victims of domestic abuse.

T: 0808 800 0028

W: www.bswaid.org/

Crossroads Care

Emotional and practical support for carers which also offers a bereavement service.

T: 0121 553 6483 / 07968 219 850 (out of hours emergency number)

W: www.sandwellcrossroads.org/

Forward Carers

A charity that supports carers via various services around the West Midlands.

T: 0333 006 9711

E: info@birminghamcarershub.org.uk

W: www.forwardcarers.org.uk/

LGBT Birmingham

Birmingham charity advocating for and supporting LGBT individuals.

T: 0121 643 0821

E: hello@blgbt.org

W: www.blgbt.org/

Midland Mencap

Charity helping those with learning disabilities in the Midlands through emotional and practical support

T: 0121 442 2944

W: www.midlandmencap.org.uk/

NATIONWIDE SUPPORT

Age UK

A national charity that supports older people with practical and emotional issues.

T: 0800 678 1602

W: www.ageuk.org.uk/

Bereavement Advice Centre

Offering practical and emotional advice for bereaved individuals.

T: 0800 634 9494

W: www.bereavementadvice.org/

Citizens Advice Bureau

Support for a wide range of issues including housing, benefits and immigration.

T: 0800 144 8848

W: www.bcabs.org.uk/

POhWER

Provides advice, support and advocacy services throughout England.

T: 0300 456 2370

E: pohwer@pohwer.net

W: www.pohwer.net/west-midlands

Shelter

Offering housing advice and support for homelessness.

T: 0808 800 4444 (emergency helpline, 8am-8pm weekdays, 9am-5pm weekends)

W: www.england.shelter.org.uk/

Samaritans

Telephone and online support for anybody in emotional distress.

T: 116 123 (open 24/7, 365 days of the year)

E: jo@samaritans.org (response time 24hrs)

W: www.samaritans.org

WAY (Widowed & Young)

A national charity for individuals under the age of 50 whose spouse has died.

W: www.widowedandyoung.org.uk/

CHILD AND FAMILY SUPPORT (NATIONAL & LOCAL)

Child Bereavement UK

National charity helping families through the bereavement of a child or a child who has lost someone special.

T: 0800 02 88840

E: support@childbereavementuk.org

W: www.childbereavementuk.org/

Beyond the Horizon

A bereavement charity that supports children and their families.

T: 0121 444 5454

E: admin@beyondthehorizon.org.uk

W: www.beyondthehorizon.org.uk/

Birmingham St Mary's Hospice Children's Service

The service only provides 1:1 support for children who are known to the Hospice, however, they do run groups for children not known to the Hospice. This is on hold due to COVID.

T: 0121 752 8753

W: www.birminghamhospice.org.uk/explore-our-services/childrens-service/

Edward's Trust

Counselling service for bereaved children and young people.

T: 0121 454 1705

E: admin@edwardstrust.org.uk

W: www.edwardstrust.org.uk/

Malachi Specialist Family Support Services

A Midlands based organisation that supports families and children using therapeutic interventions.

T: 0121 441 4556

E: enquiry@malachi.org.uk

W: www.malachi.org.uk/

Winston's Wish

National charity helping families and children through bereavement.

T: 08088 020 021

E: info@winstonswish.org

W: www.winstonswish.org/

The above list of established local and national support services is provided for information purposes only. It is not a direct endorsement or approval by Birmingham St Mary's Hospice of any of the services, products or opinions of the organisations. Birmingham St Mary's Hospice bears no responsibility for the accuracy, legality or content of any external websites or any further information provided via these services. All information provided is correct at the time of printing.