

# PAUSE

- Offering support with anything related to emotional well-being
- Helping young people under 25 (registered with a Birmingham GP) and their families
- Situated in Digbeth
- Currently available for video link and phone consultations
- Hoping to resume their 'drop-in' sessions soon
- Strategies, practical suggestions and a 'listening ear'

**<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>**