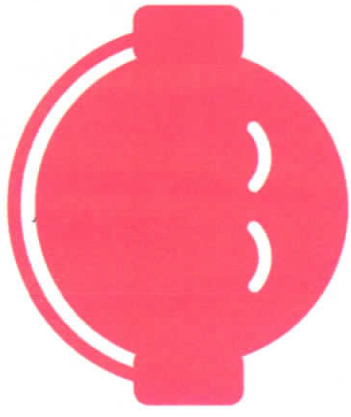


**Pause.**



# Looking for emotional and mental health support? Visit Pause.

**Mental health support for 0-25's in your area.**



With our Pop-Up Service in Sutton Coldfield, **Pause** is a place to talk openly about emotional health and well-being, to people who are there to listen, help and support you every step of the way.

We are a drop-in service for 0-25's with no appointments necessary. We have a team of counsellors, therapists, volunteers and youth workers so you can get the support that's right for you.

Visit us on: <https://www.forwardthinkingbirmingham.org.uk/events>

The Children's Society

WEST MIDLANDS FIRE SERVICE

Part of ForwardThinking Birmingham



The Children's Society

WEST MIDLANDS FIRE SERVICE

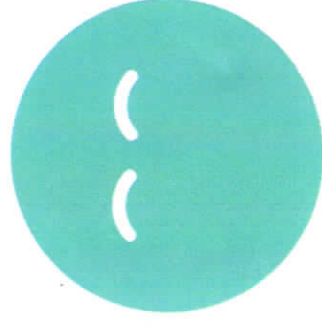
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**Pause.**

# Want to talk? We're here for you.



**Pause** is a drop-in service for Mental and Emotional Health for 0-25 year olds.

**Come in. Breathe. Pause.**

Our drop-in service runs Every Tuesday starting from 23rd April 2019, 1pm - 6pm (Please note we are unable to have sessions in the last hour).

You can find us at: Sutton Coldfield Fire Station, Lichfield Road, Birmingham B74 2NT

Visit us on: <https://www.forwardthinkingbirmingham.org.uk/events>

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