Mental Health Support in Solihull and Birmingham

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| **Birmingham and Solihull Urgent Mental Health Helpline**  If urgent mental health help is needed you can ring **0121 262 3555**for advice and support.  This line is **available 24 hours, 7 days a week** and can be used whether you are known to our services or not.  **Coping during a crisis**  The mental health charity Mind has information on [ways to help yourself cope during a crisis](https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/).  This includes calming exercises and a tool to get you through the next few hours. |

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| **In an emergency**  **Call 999 or go to A&E** now if:  -   Someone’s life is at risk – for example they have seriously injured themselves or taken an overdose  -   You do not feel you can keep yourself or someone else safe  A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time. |

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| **Other helpful support**  These free listening services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:  -     Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/), or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours  -   Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.giveusashout.org/), or text "YM" if you're under 19  -     If you're under 19, you can also call [0800 1111](tel:0800%201111)to talk to [Childline](https://www.childline.org.uk/). The number will not appear on your phone bill.  In non-urgent situations:   * Call 111 * Speak to your GP * Self-refer to IAPT   <https://www.covwarkpt.nhs.uk/service-detail/health-service/improving-access-to-psychological-therapy-iapt-93/> |

**Supporting Children and Families**

SOLAR (CAMHS –Child and Adolescent Mental Health Services)

SOLAR is the umbrella service for CAMHS, Barnardo’s Family Support and Autism West Midlands. Referrals are triaged and directed through the most appropriate service. Referrals can be made by a child or young person themselves, a parent or carer, a GP or your school – speak to your SENDCo for more information.

<https://www.bsmhft.nhs.uk/our-services/solar-youth-services/>

Freshfields Clinic

Downing Close

Knowle

B93 0AQ

Tel: 0121 301 2730

Fax: 0121 301 2751

Bishop Wilson Clinic

Craig Croft

Chelmsley Wood

B37 7TR

Tel: 0121 301 2750

Fax: 0121 301 2751

If you are at all worried about any aspect of your child’s wellbeing or mental health, please come and talk to us or further information can be found at:

If you have a Solihull GP:

<https://www.bsmhft.nhs.uk/our-services/solar-youth-services/>

If you have a Birmingham GP:

<https://www.forwardthinkingbirmingham.org.uk/>

If you have a Coventry or Warwickshire GP:

<https://cwrise.com/>