

Pause.



How do you feel?



Pause. is the new drop-in service of Forward Thinking Birmingham, helping you to find a place where you can do just that: **Pause. Stop. Relax.**

We are here to put you back in the driving seat of your own emotional wellbeing and mental health, and your life.

Created by and for young people, supported by a dynamic team of counsellors, therapists, youth workers and more, we are here to listen to you and help you relax.

- Just drop in and say hi
- No appointment needed
- Friendly support and advice

You can find us at **21 Digbeth** (near the Bullring).

forwardthinkingbirmingham.org.uk

 @bhamforward

 Forward Thinking Birmingham

Part of

ForwardThinking
Birmingham 

Pause.



Looking for emotional and mental health support? Visit Pause.



**Mental health
support for
0-25's in the city**

Based in the city centre, **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 so no appointments are necessary. we have a team of counsellors, therapists, volunteers and youth workers so you can get the support that's right for you.

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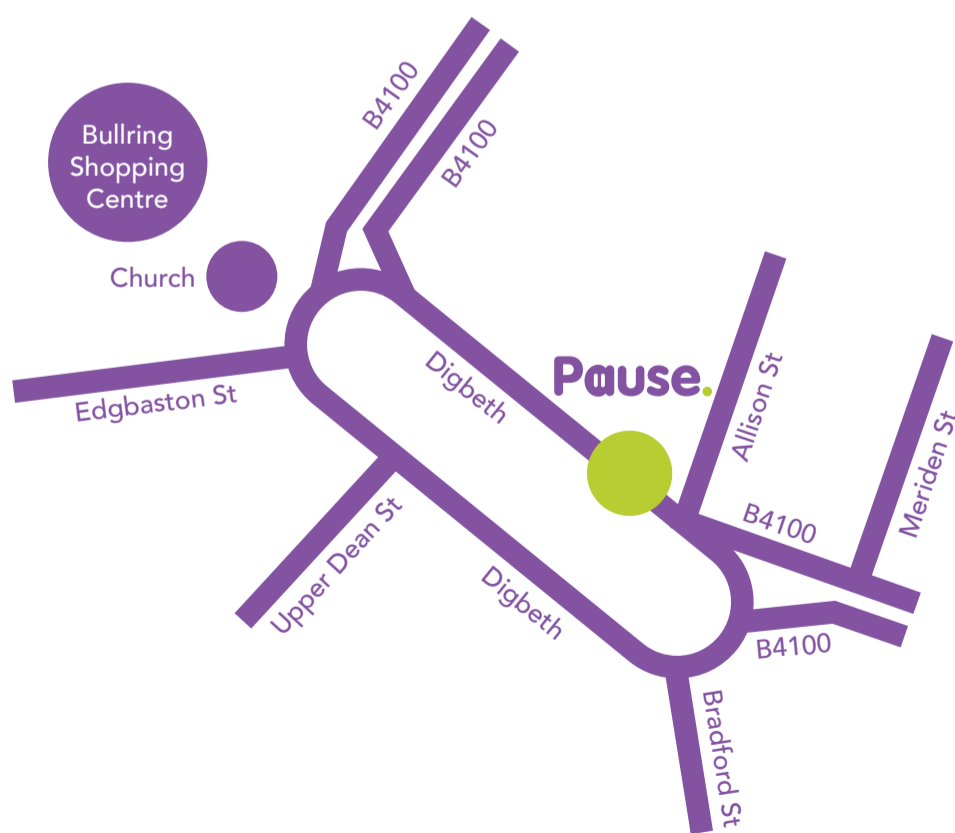
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Pause.



Want to talk? We're here for you.



Pause. is a city centre drop-in service for mental and emotional health for 0-25 year olds.

Come in. Breathe. Pause.

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