

## Additional Sources of Help

### **Acacia Family Support:**

Support for postnatal depression.

**Telephone:** 0121 301 5990

**Website:** [www.acacia.org.uk](http://www.acacia.org.uk)

### **Aquarius:**

For people concerned about their own, or someone else's alcohol problem.

**Telephone:** 0121 622 8181

**Email:** [headoffice@aquarius.org.uk](mailto:headoffice@aquarius.org.uk)

**Website:** [www.aquarius.org.uk](http://www.aquarius.org.uk)

### **Birmingham Age Concern**

**Telephone:** 0121 362 3650

**Email:** [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)

**Website:** <https://ageconcernbirmingham.org.uk>

### **Birmingham Drug and Alcohol Action Team**

**Telephone:** 0121 227 5890

**Website:** <https://www.changegrowlive.org/drug-alcohol-service-birmingham/north>

### **Birmingham and Solihull Women's Aid:**

For women affected by domestic violence and sexual abuse.

**Telephone:** 0808 800 0028

**Website:** [www.bswaid.org](http://www.bswaid.org)

### **Citizens' Advice Bureau**

**Telephone:** 0800 144 8848

**Website:** [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Cruse Bereavement Care**

**Telephone:** 0808 808 1677

**Website:** [www.cruse.org.uk](http://www.cruse.org.uk)

## **Edward's Trust Sunrise:**

Supporting children and families during serious illness and bereavement.

**Telephone:** 0121 454 1705

**Email:** [admin@edwardstrust.org.uk](mailto:admin@edwardstrust.org.uk)

**Website:** [www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

## **Emergency Refuge:**

Accommodation for women.

**Telephone:** 0121 628 5490

**Website:** <https://www.bigmommashousing.co.uk>

## **National Debt line:**

Free expert advice.

**Telephone:** 0808 808 4000

**Website:** <https://nationaldebtline.org/>

## **No Panic:**

Free phone helpline for people suffering with anxiety.

**Telephone:** 0300 772 9844

**24h Crisis Line:** 01952 680835

**Website:** [www.nopanic.org.uk](http://www.nopanic.org.uk)

## **Relate:**

Relationship counselling.

**Telephone:** 0121 643 1638

**Website:** <https://relatebirmingham.co.uk/>

Samaritans: 24-hour emotional support, for any problem, big or small.

**Telephone:** 116 123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org](http://www.samaritans.org)

## **Survivors of bereavement by suicide**

**Telephone:** 0300 111 5065

**Email:** [email.support@uksobs.org](mailto:email.support@uksobs.org)

**Website:** [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

## **Victim Support Birmingham**

**Telephone:** 0808 168 9111

**Website:** [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

If you have any questions or need further information, please contact The Balance Team  
Secretary: 0121 424 3154

## Accessibility

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## How did we do? 😊 😐 😞

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