

Additional Sources of Help

Acacia Family Support:

Support for postnatal depression.

Telephone: 0121 301 5990

Website: 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

Website: www.aquarius.org.uk

Birmingham Age Concern

Telephone: 0121 362 3650

Email: 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

Citizens' Advice Bureau

Telephone: 0800 144 8848

Website: www.citizensadvice.org.uk

Cruse Bereavement Care

Telephone: 0808 808 1677

Website: 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

Website: 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

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

Website: www.samaritans.org

Survivors of bereavement by suicide

Telephone: 0300 111 5065

Email: email.support@uksobs.org

Website: www.uk-sobs.org.uk

Victim Support Birmingham

Telephone: 0808 168 9111

Website: 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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