

Name of service	Type of service	Contact details
Aquarius	Free confidential advice to help with overcoming the harms caused by alcohol, drugs and gambling	0121 414 0888 Website: www.aquarrious.org.uk
Bharosa	A domestic–abuse service for women and families	Mon-Thurs 9am-5pm Fridays 9am-4pm 0121 303 0368 0121 303 0369 Emergency out of Hours Duty Team: 0121 675 4806 Website: www.bsab.org
Birmingham Admissions and Appeals	School placements Primary/Secondary	0121 303 1888
Birmingham Local Welfare Provision	Helps vulnerable in short term crisis with food and essential items. It is grant based which does not have to be repaid	Website: www.birmingham.gov.uk
BSCB-Birmingham Safeguarding Children Board	Concerns about a child being abused	South Birmingham 0121 303 1888 Emergency Duty Team 0121 675 4806 Website: www.iscbbirmingham.org.uk
Birmingham Settlement Money Advice Centre	Help with money problems	0121 250 0765 Website: www.birminghamsettlement.org.uk
Birmingham & Solihull Women’s Aid	Supports abused women and children	0808 800 0028

		Website: www.bswsaid.org
Childline	Help and advice for children on a range of issues	0800 1111 www.childline.org.uk
Citizen Advice Bureau (CAB) Birmingham	Provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities	Monday to Friday 9.30 - 16.30 03444 77 1010 If using a mobile: 0300 330 0650
Crimestoppers	Anonymous hotline to report crime	0800 555 111
Edward's Trust	Supporting children and families during serious illness and bereavement	0121 454 1705 Website: www.edwardstrust.org.uk
EOS	Free training, support and guidance to help you move towards training, volunteering or employment	0121 322 8967 Website: www.eosworks.co.uk
Foodbank-Stechford	Emergency food for local people in crisis	Contact Stechford Primary School
Mind	Provides advice and support to empower anyone experiencing a mental health problem.	0300 123 3393 Website: www.mind.org.uk
Reach Support CIC	Family support	Contact Stechford Primary school
Samaritans-Birmingham	Someone to talk to if things are getting you down	0121 666 6644 Website: www.samaritans.org.uk
Shelter	Specialist advice and support on housing issues, including help with homelessness	0344 515 1800 Website: www.shelter.org.uk
West Midlands Police		0845 113 5000

		Website: www.west-midlands.police.uk
Young Minds	Parent helpline for help to improve the emotional wellbeing and mental health of children and young people	0808 802 5544 Website: www.youngminds.org.uk