

MHST SIGNPOSTING INFO



Signposting

Agency	Address	Phone Number / WEB	Description
Signposting for ASD			
Autism West Midlands	Autism West Midlands Kings Norton Business Centre Imperial Court Sovereign Road Kings Norton B30 3ES	Reception: 0121 450 7582 Helpline: 0121 450 7575 www.autismwestmidlands.org.uk	• Information helpline • Employment support (Aspire) • "Attention" cards • Family support, outreach support groups • Student support • Residential services & supported living • Training & events
Cerebra	The MacGregor Office Suite Jolly Tar Lane Carmarthen SA31 3 LW	Freephone: 0800 328 1159 Email: enquiries@cerebra.org.uk www.cerebra.org.uk	• National charity that strives to improve the lives of children with brain related neurological conditions, including ASD • Provide a grant scheme to offer direct and practical assistance to improve the quality of life of children and young people affected by neurological conditions • Sleep advice service
Autismlinks		Website: https://www.autismlinks.co.uk/support-groups?region=West%20Midlands	• Various support groups and parent carer forums around West Midlands and the rest of UK, made up of passionate, committed parents, carers and others, who have been or are walking the same path as you, encountering the same challenges and obstacles. And some of them have found the answer you are looking for – and sometimes you will have the answer they want! Through working together, many people get the support they want – and offer much to others, just at that time of particular need..

National Autistic Society		0808 800 4104 (Helpline) www.autism.org.uk	• Advice and information, employment support, residential and community services and diagnosing complex needs.
Signpost Inclusion	The Renewal Family Centre Vulcan Road Solihull B91 2JY	07873782579 (Vickie) www.signpostinclusion.org.uk	• Signpost Inclusion offers: • Parent to parent support offering groups and drop in sessions in a friendly environment • Early Support Training and capacity building • A growing resource base with books and sensory resources • Signposting to relevant services
Family Equip		Solihull and South Birmingham Family Equip Helpline: 0121 711 8220 http://familyequip.co.uk/	• Family Equip offer: • Parent Support (single parents due to separation or bereavement) • Family Support Workers • Groups for Children • Support groups for parents
Solihull Autistic Spectrum Support and Information (SASSI)		Telephone: 0121 779 1742 Email: janbrad55@hotmail.com	• SASSI is an Autism Support Group for parents/guardians of children or young people with an autistic spectrum disorder. All are welcome whether there has been a diagnosis or there is one pending. We offer a social opportunity to talk to parents in the same situation and an opportunity to talk informally to a variety of professionals. There is a formal talk on a variety of subjects suggested by parents. We meet every month in a primary school hall; the location changes each time.

Specialist Inclusion Support Service (SISS) – Autism Team	Elmwood Place 37 Burtons Way Smiths Wood Birmingham B36 0UG	0121 779 1742 SISS Website for Autism Team: The Autism Team (solihull.gov.uk)	• The Autism Team, based within SISS, provide advice and support for children and young people in mainstream schools who have Autistic Spectrum Disorders (ASD) in Year 1 through to Year 11 • They work together with children, parents/carers, teachers, support staff, the Local Authority and other agencies to support and promote the learning and development of children with ASD • Offer advice and support in schools, as well as providing one to one work and/or group work where needed • Other interventions include developing social skills groups, advice on specialist strategies, delivering peer awareness lessons, creating anxiety toolkits and relaxation groups • All these services are available, depending on the assessed requirements of individual pupils and in liaison with schools • We run parent workshops on understanding ASD, we have close links with SASSI (ASD support group) and attend some Signpost Inclusion support groups to support those families needing ASD-specific advice
The Autistic Advocate		Email: michelle@theautisticadvocate.com Website: The Autistic Advocate - Autistic People Have a Voice	Resource for Autistic people, Parents and Professionals to help you understand various concepts around Autism, get practical advice and take on the highly valuable inside perspective.

SoLO	38 Walnut Close, Chelmsley Wood, Birmingham B37 7PU SoLO Solihull Fire Station Office Streetsbrook Road Solihull B91 1QY	0121 779 3865 Email: info@solihullsolo.org Social Life Opportunities Solihull At SoLO We Help People with Learning Disabilities 0121 647 1060 Email: info@solihullsolo.org	• Term time Services including after school, evening and weekend clubs. • Holiday activity days included cookery, crafts, sport sessions and trips out. • Specialist holiday play-schemes. Tailored exciting activity schemes for children aged 5-16.
Resources for Autism	BAYC 581 Pershore Road Birmingham B29 7EL	West Midlands contact 07817736096 Email: wadmin@resourcesforautism.org.uk www.resourcesforautism.org.uk	• Respite services • Adult and transition groups • Sibling groups and parent support • Play and youth services • Holiday play schemes • Arts therapies • Information & signposting
Specialist Assessment Centre (SAS)	Chelmsley Wood Primary Care Centre Crabtree Drive Birmingham B37 5BU	Telephone: 0121-722-8010 Fax: 0121 424 5916 Specialist Assessment Service – Solihull Children's Community Therapies (uhb.nhs.uk)	• The Specialist Assessment Service based at the Chelmsley Wood Primary Care Centre works with children who have either complex medical and developmental needs or with children and young people where their difficulties may indicate an Autism Spectrum Disorder (ASD). For children with complex medical needs we may also provide coordinated therapeutic work to meet a child's needs. Children are given a diagnosis after assessment if appropriate.

SEND (Family Action)	Solihull SENDIAS 11-13 Land Lane, Marston Green Solihull B37 7DE	https://www.family-action.org.uk/solihullsendias/ Phone: 0121 5165173 Email: solihullsendias@family-action.org.uk	• Solihull SENDIAS Service aims to: • provide information, advice and support to children and young people up to the age of 25 with SEND • provide information, advice and support to the parents/carers of children and young people up to the age of 25 with SEND • provide impartial advice about matters relating to SEND, including issues relating to health and social care • offer support to parents/carers and children and young people with SEND in participating in decisions made about the child/young person's education, health and social care.
NeuroBears		Pandas (pandasonline.org) neurobears - The Autistic Advocate	• NeuroBears is a course all about the autistic experience. • NeuroBears has been created by autistic adults in collaboration with autistic young people. • NeuroBears is mainly aimed at young autistic people aged 8-14 who are new to understanding their autism. NeuroBears may be suitable for young people outside of this age range too and they may enjoy sharing it with others.

Signposting for Bereavement			
Edwards Trust	3 Vicarage Road Edgbaston Birmingham B15 3ES	Tel: 0121 454 1705 Email: admin@edwardstrust.org.uk Website: https://edwardstrust.org.uk/	• Support to children and young people of school age who are bereaved, or are about to be bereaved, of a parent, significant carer or sibling. • Edward's Trust offers a range of support for bereaved children including one to one counselling, art therapy, attending support groups at our bereavement centre, accessing social activities with other children surviving bereavement and support at school.
Cruse	King Edward Building Corporation Street Ladywood Birmingham B4 6SE	Telephone: 0121 687 8010 Email: support@crusebirmingham.co.uk Website: http://www.cruse.org.uk	• Cruse provides free bereavement support and counselling to anyone living in the Birmingham area, irrespective of age, race, gender, culture, religion, ethnicity and disability.
Hummingbirds	Marie Curie Hospice, West Midlands Marsh Lane, Solihull West Midlands B91 2PQ	Self Referrals - Birmingham and Solihull Bereavement Point on: 0121 687 8010. More Info: 0121 703 3600 Professionals can email: WMMCbereavementreferrals@nhs.net	• Confidential specialist counselling and bereavement • Support, allowing young people between the ages of • 5 & 17 years, the emotional space and safety to explore • their anxieties and fears without the worry of putting • pressure on their loved ones.

Solihull Bereavement Counselling Service	Ullswater House Solihull Hospital Lode Lane Solihull West Midlands B91 2JL	Telephone: 0121 424 5103 Website: Solihull Bereavement Counselling Service Dedicated team of professionals	People who use the Service may have lost a baby or have experienced the death of a partner, parent, child, relation or colleague in many different circumstances. The death may have been caused by illness, accident, suicide, murder, war or natural causes.
Blue Cross Pet Bereavement and Pet Loss		Telephone: 0800 096 6606 Email: pbssmail@bluecross.org.uk Website: https://www.bluecross.org.uk/pet-bereavement-and-pet-loss	- Offer support for anyone who has lost a pet through bereavement or separation - Able to access through phone, email or webchat
Grief Encounter		Helpline: 0808 802 0111 Weekdays 9am-9pm Email: griefftalk@griefencounter.org.uk Website: Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter	- One-to-one counselling - Group workshops - Music, art and drama therapy - Residentials and Family Fun Days - A National, free and confidential helpline called griefftalk offering web chat service too - Bespoke support for schools, universities and colleges - A dedicated Trauma Team for support following a sudden or traumatic bereavement.

Signposting for local services			
Family Support Centre	FSC Suite, Shirley Baptist Church Building 144 Stratford Road Shirley, Solihull B90 3BD	Telephone: 0121 744 8838 Email: admin@fscshirley.co.uk Website: www.fscshirley.co.uk	Counselling and advisory services, as well as divorce recovery group
Relate Birmingham /Solihull Branch	The Core, Lower Ground Floor, Theatre Square Solihull B91 3RG	Telephone: 0121 643 1638 Email: info@relatebirmingham.co.uk Website: www.relate.org.uk	Youth counselling for young people aged 10-18yrs old who may be experiencing a parents' divorce/separation, school or exam worries, peer pressure or family and relationship problems
Coventry Rape and Sexual Abuse Centre		Helpline Number: 02476 277777 Mon-Fri 10am-2pm Mon & Thurs 6pm-8pm Helpline Email: helpline@crasac.org.uk Email: clientservices@crasac.org.uk Website: www.crasac.org.uk	Coventry Rape & Sexual Abuse Centre (CRASAC) is a service providing support for women, men and children who have experienced any kind of sexual abuse of any kind at any time in their life, offering counselling, support and information, or just someone to talk to or who will listen.
PAUSE	Digbeth Hub: 21 Digbeth, Birmingham B5 6BJ Sparkbrook Hub - Sparkbrook Community & Health Centre. Address: 34 Grantham Road Sparkbrook Birmingham B11 1LU	Telephone: 0300 300 0099 Drop In timetable available on Website. Website: https://forwardthinkingbirmingham.nhs.uk/pause	- Support for children and young people aged 0-25 around emotional well-being and mental health. - No appointment needed. - Must live in the Birmingham area and or be registered with a G.P in the Birmingham area

Solihull Parenting Team		Telephone: 0121 301 2773 Email: bsmhft.parenting@nhs.net Website: www.solihull.gov.uk/chil-dren-and-family-support/parenting-support	• Various Parenting groups run on a termly basis. • Support includes understanding child behaviour, understanding your child's mental health. Supporting your child with Anxiety. • Specialist groups for parents of children with ADHD and ASD.
Horizon	Horizon SARC Hodge Hill Primary Care Centre Roughlea Avenue Birmingham B36 8ND By appointment only	Self-referral telephone: 0800 970 0375 Professional enquiry number: 01922 646709 (24 hours per day, 7 days a week) Email: enquiries@horizonsarc.org.uk Website: www.horizonsarc.org.uk	• Horizon Sexual Assault Referral Centre (SARC) provides people who have experienced rape and sexual assault within the West Midlands with support and advice to assist in their recovery. • Support offered to children, young people, men, women and LBGQT+ community
RSVP	RSVP PO Box 9558 Birmingham B4 7QE (B2 5RS – for satnav & actual location)	Helpline: 0121 643 0301 Email: info@rsvporg.co.uk Website: rsvporg.co.uk	• RSVP offer empathic services to support children, young people, women and men who have been affected by sexual violence and abuse.
Samaritans Solihull	Station Approach Solihull B91 1LE	Telephone: 116 123 Website: www.samaritans.org Email: Jo@samaritans.org (24 hours, every day of the year)	• Samaritans is available round the clock, every day of the year. You can talk to them privately and in confidence about whatever may be troubling you.
Umbrella	Various Locations	Telephone: 0121 237 5700 Website: www.umbrellahealth.co.uk	• Sexual health services for Solihull, the website provides information and advice, as well as details of drop-in clinics.
Victim Support West Midlands		Telephone: 0300 303 1977 Telephone (for support outside of local team's opening ours): 08081689111 Website: www.victimsupport.org.uk	• Victim Support is the independent charity for victims and witnesses of crime, offering support to more than 1 million victims of crime last year along.

Youth Offending Service	Elmwood Place 37 Burtons Way Smiths Wood Birmingham Solihull B36 0UG	Telephone: 0121 788 4290 Email: solihullyouthoffendingservices@solihull.gov.uk Website: www.socialsolihull.org.uk/yos	- Youth Offending Service works to prevent offending and reoffending by children and young people under the age of 18 and to ensure that custody for them is safe, secure and addresses the causes of their offending behaviour. - Age 1- 18
Carers Trust Solihull: Young Carers	Carers Trust Solihull Solihull Fire Station Annexe 620 Streetbrook Road B91 1QY	Telephone: 0121 788 1143 Email: youngcarers@solihullcarers.org Centre@solihullcarers.org	- Provides information and advice to young carers. - Provides emotional support to young carers. - Drop in advice sessions. - Young carer assessments. - Trips and days out for young carers and some free training. Age 5-18
Solihull Healthy Minds		Telephone urgent mental health support: 0121 262 355 or 0800 915 9292 Free IAPT Service: 0121 301 2525 Telephone general enquiries number: 0121 301 0000 Text: BHM 60777 Website: bsmhft.nhs.uk	- Primary care talking therapy service for ages 16 + - Therapies targeting anxiety, low mood and depression. - CBT, mindfulness, behavioural couple therapy, psycho-education and web based CBT programmes.
Employment Skills Team	Economic Development & Regeneration Solihull MBC Council House Manor Square Solihull B91 3QB	YPP team: 0121 704 6869 Website: www.solihullforsuccess.com/help-to-find-work/What-are-my-options/Solihull-Youth-Employment-Promise Email: youthemploymentpromise@solihull.gov.uk	- Career options and research - Learning and Training - Preparation for interviews and assessments - In work support - Youth promise plus programme for those aged 15-29
National Career Service		Telephone: 0800 100 900 Website: nationalcareers.service.gov.uk	Provide information, advice and guidance to help make decisions on learning, training and work.
Winstons Wish		Phone: 08088 020 021 Live chat 3-8pm on website Email: ask@winstonswish.org Website: https://www.winstonswish.org/	Support for bereaved children through individual, group and residential settings.

Learning Disability Nurses	3 The Green Shirley, Solihull, B90 4LA	Main Office Number: 0121 746 4443	• Support for ages children and young people aged 0-18 who have a moderate to severe learning disability and an additional health need. • Signposting • Facilitation of meetings • Toilet management/sleep management/behavioural management • Health Care Plans
SISS Team (Specialist Inclusion Support Services)		TEL: 0121 704 6690 Email: sisupportservice@solihull.gov.uk Website: Specialist Inclusion Support Service (SISS) (solihull.gov.uk)	• Our SISS service includes educational psychologists, primary mental health workers and specialist teachers and practitioners. • Sensory and Physical Impairment (SPI) Team • Speech, Language and Communication Disorders (SLCD) • Autism • Communication and Learning Difficulties (CLD) • Social Emotional and Mental Health (SEMH)
Substance Misuse Support			
Str8 UP	Keepers Lodge Chelmsley Road, Chelmsley Wood, B37 7RS	Telephone: 0121 788 5390 Text: 07795400755 Email: str8up@solihull.gov.uk	• Young people's drug and alcohol service. • Ages 11-18 • 1-2-1 interventions surrounding substance misuse.
Sias - Solihull Integrated Addiction Services	The Newington Centre Newington Road Hamar Way Marston Green B37 7RW	Telephone: 0121 301 4141 Fax: 0121 678 4731 Email: enquiries@sias-solihull.org.uk Website: www.sias-solihull.org.uk	• Outcome-focused, high-quality, person-centred and integrated prevention, early intervention, treatment and recovery service addressing the needs of adults, young people, families and organisations

			affected by problematic gambling or drug and alcohol misuse.
Al-Anon Family Groups UK & Eire		Telephone: 0800 0086 811 Website: Al-Anon UK For families & friends of alcoholics	Meetings in all major towns and cities for people who have been affected by another persons Alcohol misuse.
Signposting for Online / Nationwide Services			
Anxiety UK		Infoline: 08444 775 774 Helpline: 03444 775 774 Text Service: 07537 416 905 Mon-Fri 9:30am - 5.30pm www.anxietyuk.org.uk	Anxiety UK offers support, advice and information on a range of anxiety disorders and anxiety related conditions
CAFCASS		Telephone: 0300 456 4000 Telephone (here to listen to children): 080 175 3333 Text number: 07488 881 600 WhatsApp number: 0779 892 6698 (16+ years only) Website: www.cafcass.gov.uk	Cafcass is the voice of children in the family courts and helps to ensure that their welfare is put first during proceedings – their website contains useful resources for parents & their children
National Youth Advocacy Service (NYAS)		Telephone: 0808 808 1001 Email: help@nyas.net Website: https://youngpeople.nyas.net/	Provides advocates than can support and listen if CYP feel their wishes and feelings are not being heard by their social workers, carers, or anyone else involved in decisions about CYP's care and welfare.
Childline		Number: 0800 111 Number (for people with 02 mobile): 116 111 Website: www.childline.org.uk	- The Childline website contains a wealth of advice and information on a range of issues. - Free, confidential, telephone, 1-2-1 and e-mail support for children and young people up to their 19th birthday.
Family Lives		Confidential helpline: 0808 800 2222 www.familylives.org.uk	- Advice, guidance and support on a range of family issues - Information and advice about cyberbullying

Coram Children's Legal Centre		http://www.childrenslegalcentre.com/ Tel: 01206 714 650 (for general queries only, we cannot give legal advice or a referral through this number) Fax: 01206 714 660 E-mail: info@coramclc.org.uk	• Free legal information, advice and representation to children, young people, their families, carers and professionals. • Training on children's rights.
Headspace		www.headspace.com info@headspace.com	• Mindfulness website giving general help • Also is an app that can be downloaded on smart phones
MoodJuice		http://www.moodjuice.scot.nhs.uk/mildmoderate/Bereavement.asp	• Moodjuice is an internet site designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions. Information is available on organisations, services and other materials such as self-help guides, which can offer advice, support and information.
NHS Choices		Mental health for children, teenagers and young adults - NHS (www.nhs.uk)	• Access to a range of advice and information on young people's mental health and emotional wellbeing
Relate	The Core Lower Ground Floor Theatre Square, Solihull B91 3RG	Telephone: 0121 643 1638 Email: info@relatebirmingham.co.uk Website: www.relate.org.uk	• Source of advice for young people aged 10-18yrs old who may be experiencing a parents' divorce/separation, school or exam worries, peer pressure or family and relationship problems
Young Minds		Website: www.youngminds.org.uk Parent helpline: 0808 802 5544	• Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people – the website contains lots of information for children & young people and their parents

Prevent		Telephone: 0800 789 321 Early Support: 0800 011 3764 Website: http://www.ltai.info/what-is-prevent/	• Prevent is about safeguarding people and communities from the threat of terrorism. It's an element of the government's counter-terrorism strategy.
Mermaids		Email: info@mermaidsuk.org.uk Telephone: 0808 801 0400 Monday – Friday 9am – 9PM Website: http://www.mermaidsuk.org.uk/	• Offers support to transgender youth also parents and other professionals. Mermaids work to: • Reduce isolation and loneliness for parents and young people dealing with gender issues. • Empower families and young people with the tools they need to negotiate the education and health services. • Reduce suicidality and self-harm in the young people who contact Mermaids, equip their parents to support their children to the same end. • Improve self-esteem and social functioning in young people suffering with gender issues. • Improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals.
R U Coming Out		https://www.rucomingout.com/	• RUComingOut was set up (and is still run) by Wayne Dhesi in March 2012 while he was a Youth Worker for the National Health Service. He noticed a gap in support for closeted people and had an idea that gay, lesbian, bisexual and trans people who had come out and were now content and happy, could share their experiences with those who were struggling with coming out now.

Birmingham LGBT centre	38-40 Holloway Circus, Birmingham, B11EQ	Website: http://blgbt.org/ Telephone: 0121 643 0821	• Advocates for and supports lesbian, gay, bisexual and trans communities (LGBT) in Birmingham and beyond. • Offers a range of services focused on improving the health and wellbeing of individuals. Services include: • Sexual health and wellbeing • Wellbeing support service • Domestic Violence Service • Social Groups • Fitness • Counselling • Ageing Better • LGBT Asylum Seekers • Hate Crime services • Peer Mentoring
Kooth		https://www.kooth.com/	• Free, safe and anonymous online counselling service • Chat to friendly counsellors • Read articles written by young people. • Join and get support from the Kooth community -speak with other children and young people who may have similar experiences • Write in a daily journal
Shout		Text Shout to 85258 Email: info@giveusashout.org (for questions and more information about the service, can't provide counselling or support) Website: https://www.giveusashout.org/	• Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Children, young people and adults who need immediate help can speak to volunteer crisis counsellors online.
Living Well		Telephone: 0121 663 1217 Email: info@livingwellconsortium.com Website: Free Mental Health Services Solihull Therapists in Birmingham livingwellconsortium.com	• Providing mental health promotion & education in a range of community settings along with wider health partners. • free access to mental health support including IAPT therapies

Respect Men's Advice Line		Telephone: 0808 8010327 (Mon-Fri, 10am-5pm) Email: info@mensadvice.org.uk (Mon-Fri, 9am-5pm) Webchat: Wednesday 10-11:30am Thursday 2-4pm Website: https://mensadvice.org.uk/male-victims/	• A helpline for male victims of domestic abuse
ManKind		Telephone: 01823 334244 (Mon-Fri, 10am-4pm) Website: https://mankind.org.uk/help-for-victims/is-a-man-you-know-a-victim-spotting-the-signs/	• Provide a helpline for male victims of domestic abuse and those around them who are concerned • Provide information for friends/family who suspect a male they know are a victim of domestic abuse