

“I liked how easy it was to share my problems and that I got support in my first chat.”

The
Children's
Society



Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.

To find out more and register, visit:

<https://forwardthinkingbirmingham.nhs.uk/pause>

Or call our Registration Line 0207 841 4470 (call charges apply).

Pause.

ForwardThinking
Birmingham



“I was feeling lost and stuck and did not know how to support my child which is heart breaking. Having Pause to turn to has lifted the fog and I feel less alone with it. “



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Pause. Christmas Opening Times

Mon 20th December 2021 - 10am-6pm
Tue 21st December 2021 - 12pm-8pm
Wed 22nd December 2021 - 10am-6pm
Thu 23rd December 2021 - 10am-6pm
Fri 24th December 2021 - 11am-4pm
Sat 25th December 2021 - Closed
Sun 26th December 2021 - Closed
Mon 27th December 2021 - Closed
Tue 28th December 2021 - 11am-4pm

Wed 29th December 2021 - 10am-5pm
Thu 30th December 2021 - 10am-5pm
Fri 31st December 2021 - 11am-4pm
Sat 1st January 2022 - Closed
Sun 2nd January 2022 - Closed
Mon 3rd January 2022 - 11am-4pm
Tue 4th January 2022 - 12pm-8pm

*Normal operating hours from Wed 5th
January 2022 onwards.*

Please note that we won't be operating arranged
Face to Face drop-ins during these periods.



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