

## RESOURCE LIST – BIRMINGHAM

### Housing Support

**Trident Housing**

0121 633 4633

**Local Communities My Time, Small Health,**

0121 766 6699

**Housing Support Ashram Housing Assoc.**

0121 764 3800

**Family Housing Association**

0121 766 1100

**FCH Housing & Care**

0300 123 1745

**Future Health & Social Care**

0121 265 2650

**Moseley & District Churches Housing Association**

0121 442 5000

**Nehmain Housing Association**

0121 358 0966

### Drugs & Alcohol

**KIKIT Drop in Centre**

153 Straford Rd, Sparkbrook

0121 771 1119

**Terrace Community Drugs Team**

0121 301 1660

**Alcoholics Anonymous Helpline**

0121 212 0111

**Aquarius Community Alcohol**

0121 414 0888

**Birmingham Drugline**

0121 632 6363

**FRANK**

0800 776600

**Narcotics Anonymous**

0300 999 1212

### Asian Community

**Asian Resource Centre**

0121 523 0580

**Community Engagement**

0121 301 1060

**Sparkhill Mental Health Team**

0121 301 5370

**Rethink Asian Language**

**Mental Health Helpline**

0808 800 2073

**Bangladesh Multi-purpose Centre**

0121 326 9500

**Midlands Vietnamese Community Association**

0121 554 96 85

**MASHRIQ (Mental Health Asian Women)**

0121 551 5478

**The Chinese Community Centre**

0121 685 8510

### Irish Community

**Irish Welfare and Information Centre**

0121 604 6111

### African Caribbean Community

**Cope Black Mental Health Foundation**

0121 551 7984

**Servol Community Trust**

0121 454 3081

**African Caribbean Millennium Centre, Winson Green,**

**B18 4HB**

0121 455 6382

### Domestic Abuse

**Women's Aid**

0808 2000247

**Rape and Sexual Violence Project Helpline**

0121 233 3818

### Bereavement Support

**Cruse Bereavement Care**

General - 0121 687 8011

Helpline - 0121 6878010

### Relationship Support

Relate Birmingham

0121 643 1638

## RESOURCE LIST – BIRMINGHAM

### National Links & Helplines

#### **Campaign Against Living Miserably**

*Suicide Prevention Men*

[www.thecalmzone.net](http://www.thecalmzone.net)

HELPLINE: 5pm – Midnight 0800 58 58 58

TEXT: 07537 404717

#### **Papyrus**

*Suicide Prevention Young People*

<http://www.papyrus-uk.org/>

Helpline: HOPELineUK 0800 068 41 41

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

#### **Samaritans**

*Listening Support Service*

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

Helpline: 116123

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

### Young People

#### **Amazon Young Peoples Counselling Service**

0121 236 9222

#### **Birmingham Youth Service**

0121 464 559

#### **Life Line Counselling for Drugs in Birmingham**

0121 622 7780

#### **Birmingham Space (Barnados)**

0121 212 2855

### Police

#### **Anti-social behaviour**

0121 303 1111

#### **Emergencies**

999

#### **Central Switchboard Non Emergencies**

0845 113 5000

#### **Crime Stoppers**

0800 555 111

### Fire Service

#### **Home Safety Checks**

0800 389 5525

#### **General enquires**

0845 5000 900

### Some Useful Local Links

#### **Common-Unity**

[www.common-unity.com](http://www.common-unity.com)

#### **The Waiting Room**

<https://www.urbrum.org/waiting-room/>

#### **Forward For Life**

[www.forwardforlife.org](http://www.forwardforlife.org)

Email: [INFO@FORWARDFORLIFE.ORG](mailto:INFO@FORWARDFORLIFE.ORG)

#### **Birmingham Voluntary Service Council**

[WWW.BVSC.ORG](http://WWW.BVSC.ORG)

#### **Birmingham & Solihull MH Foundation Trust**

[www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)

#### **The Mental Health Foundation**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

#### **SANE**

[www.sane.org.uk](http://www.sane.org.uk)

#### **Carers UK**

[www.carersuk.org](http://www.carersuk.org)

### Other useful National & Regional Numbers

#### **Mental Health & Learning Disabilities Foundation**

0207 803 1100

#### **MIND**

0208 519 2122

#### **Rethink National Advice Service**

0845 456 0455

#### **Centre for Mental Health**

0207 827 8300

#### **Survivors of Bereavement by Suicide**

0844 561 6855

#### **Childline**

0800 1111

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