



KING EDWARD VI SHELDON HEATH ACADEMY

Educational excellence for our City

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The Academy has trained mental health first aiders, our practitioners are trained to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, mental health first aid does not teach people to treat or diagnose mental health, Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolve.

Below are additional services to offer advice & support

Pause - call back service

Need to talk to someone, struggling with feelings, Pause can help.

Pause.

**A SPACE TO TALK ABOUT LIFE AND
REAL FEELINGS**

**UNDER 25 AND HAVE A GP IN
BIRMINGHAM?**

NEED SOMEONE TO TALK TO?

**FIND OUT MORE AND REGISTER FOR
SUPPORT BY VISITING:**

**WWW.FORWARDTHINKINGBIRMINGHAM.NHS.UK/PAUSE OR CALL OUR
REGISTRATION LINE ON [020 784 14470](tel:02078414470)**

The Children's Society
ForwardThinking Birmingham



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<https://www.kooth.com>

A FREE mental health support website for young people aged 11-25, that was previously only available in Solihull, is now open to all young people in Birmingham.

<https://forwardthinkingbirmingham.nhs.uk>

FTB are a unique, innovative community and inpatient mental health partnership. We, alongside our partners offer care pathways of mental health assessment and treatment for young people from 0–25-year-old.

Mental health support links

Mental Health walk in services for those aged 16 and over