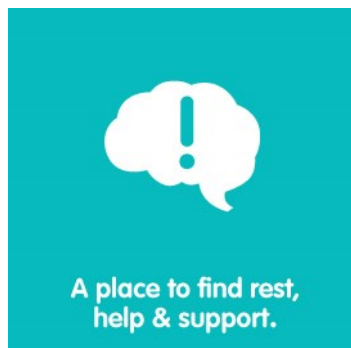


Pause.



Hello, how are you?

Sometimes that question feels a bit hard to answer, doesn't it?

At times we don't know where to turn. Exams, friends, socialising, money, family...life can get a bit difficult to manage at times, so where do you go and who do you talk to?

We can help you.

Pause is are a part of Forward Thinking Birmingham, a new initiative to help support 0-25 year olds with emotional health and wellbeing. We are a city centre drop in service, based in **21 Digbeth**, right by the Bullring.

We have a supportive, friendly team of counsellors, therapists, youth and community workers on board to help. You can be sure that you'll receive a friendly and confidential service, no appointment needed, no waiting times...just a good chat, over a good cup of tea, within a safe space.

Drop in to Pause. A space to talk about real life and feelings.