

Support Services

Dear Parents,

Please find below list of some support services. If you require any support during the summer holidays, please speak to a member of the Senior Leadership Team



Please follow this link for a list of help and support services in your local area and around Birmingham [Civic Duty \(the-pact.co.uk\)](http://the-pact.co.uk) or visit our school website under Civic Duty.



Domestic Abuse

Are you at risk of domestic violence. Ask for ANI (Action Needed Immediately) is a codeword scheme that enables victims of domestic abuse to discreetly ask for immediate help in boots and participating pharmacies



Aston and Nechells food bank services

Phone **07384 213 621 (or 0121 359 0801)**

Email: **info@astonnechells.foodbank.org.uk**



Housing

If you need to speak to someone urgently, please call any of the numbers below:

- Birmingham Council Homeless Service in office hours 0121 303 7410 out of office hours 0121 3032296
- Trident reach 0800 880 7157 during office hours
- Salvation Army 0207 3674800
- Shelter Housing Aid 0808 800 444
- Focus Foyer 0121 236 6298
- St Anne's Hostel 0121 727 4406
- St Basils 0121 772 248

Mental Health

Free listening services

Trinity Rd, Birchfield, Birmingham, B6 6AJ

T 0121 464 5661 X @Birchfield_Sch

W www.birchfld.bham.sch.uk E enquiry@birchfld.bham.sch.uk

**ENABLING EVERY PUPIL TO SUCCEED
AT SCHOOL AND IN LIFE**

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult.

- Call 116 123 to talk to Samaritan, or email jo@smaritans.org for a reply within 24 hours
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line or text "YM" if you're under 19

Coping during a crisis -The Mental Health Charity Mind [Home - Mind](#) has information on ways to help yourself cope during a crisis

Parenting Support

[Parent Talk - Support for Parents from Action For Children](#) offers free, down-to-earth advice for parents of children aged 0-19. All our content is written or curated by our parenting coaches, based on their experience working with children, young people and their families .

We hope you have a safe summer break, and we will see you in September.

Mrs Ahmed
Pastoral Leader.