



## Emergency and Ongoing help for Families

As lockdown 3 begins, we want to let you know about the help that is available to all families in Birmingham. Please find detailed information about where you can find help for now and for the longer term. If you want to talk to someone about help please contact your [Local Team](#) who will advise on all issues for all families.

[From Birmingham with Love](#) – website with information and help for families with translations available in Arabic, Bengali, Bulgarian, Chinese, Pashto, Somali Punjabi, Polish and Urdu.



**Emergency Food Assistance** — Birmingham has announced a £100k emergency food package - please contact one of our [Local Offices](#) who will be able to help directly with a grant for food and fuel, often within 48 hours. There are also [food banks](#) across Birmingham that are here to help.



**Mental health support.** For young people aged 11-25 there are forums, guides and counselling available completely free at [Kooth](#). If your child 0-25 needs support, get in touch with [Pause](#) by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099.



**Financial help.** If you've lost your job, or are struggling for food or rent there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent.



**Domestic abuse.** For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For men, please contact [Respect](#). There is also the Ask ANI and [Safe Spaces](#) scheme where victims can access help through pharmacies.



**Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).



**Early help for families.** If anyone in your family needs more help, from public services or community groups, then please contact our [voluntary sector local leads](#). There are ten area hubs across the city which can connect you to support.

If you are worried about a child, please call Birmingham's Children's Advice and Support Service on [0121 303 1888](#). In an emergency, including child abuse, contact the Police on 999. You can also [chat](#) to the Police.