

THE WAITING ROOM

<https://the-waitingroom.org/>

BIRMINGHAM SAYS NO - KNIFE CRIME/COMMUNITY SUPPORT

<https://www.birminghamsaysno.co.uk/>

NATIONAL SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN

<https://www.nspcc.org.uk/>

EMPOWER U - YOUTH CHARITY TO SUPPORT AND EMPOWER YOUNG PEOPLE

<https://lscpbirmingham.org.uk/documents/empower-u>

SUPPORT FOR MEN AND BOYS WHO MAY FACE PROBLEMS WITH DOMESTIC ABUSE

<https://mankindprojectuki.org/>

<https://menandboys.org.uk/>

BARNARDOS - CHARITY TO SUPPORT CHILDREN AND FAMILIES

https://donate.barnardos.org.uk/?ref=CRN980188&qclsrc=aw.ds&qad_source=1&qad_campaignid=22819304128&qbraid=0AAAAADAGC-vZNbJGnc4QSBYBbyNpYINTp&qclid=Cj0KCCQjw6bfHBhDNARIsAIGsqLi2IGKKX7wGpW8MP9xTBybsnsBwx fE6Y9BAF9R76SIUOS_sWS3AYNoaAkOPEALw_wcB

LOCAL SUPPORT FOR POVERTY, HOUSING & BENEFITS

- **Birmingham Children's Trust - Early Help & Family Support**
Offers practical help with housing, finances, parenting, and domestic abuse through locality hubs.
https://www.birminghamchildrenstrust.co.uk/info/1/about_the_trust/310/i_need_help_with/2
[Birmingham Children's Trust](#)
- **From Birmingham With Love - A wide range of various services**
A city-wide initiative offering free food, financial advice, mental health support, and housing help.
https://www.birmingham.gov.uk/info/50224/birmingham_childrens-partnership/2218/from_birmingham_with_love

DOMESTIC ABUSE & EMPOWERMENT SUPPORT

- **Cranstoun Birmingham - Domestic Abuse Services**
Offers support for victims and perpetrators, including self-referral and group programmes.
<https://cranstoun.org/help-and-advice/domestic-abuse/>
- **Birmingham City Council - Help for Women**
Directory of services for survivors of domestic abuse, including ethnic minority and disabled women.
https://www.birmingham.gov.uk/info/50350/domestic_abuse/2980/help_for_victims_and_survivors_of_domestic_abuse
- **ESSENCE - Empowering Girls & Young Women**
Grassroots organisation focused on self-esteem, safety, and leadership for girls in Birmingham.
https://www.instagram.com/essence_youth_mentoring/?hl=en

YOUTH VIOLENCE, COUNTY LINES & COMMUNITY SUPPORT

- **First Class Foundation**
Tackles serious youth violence, mental health, and racial inequality through mentoring and outreach.
<https://firstclassfoundation.org/>
 - **St Giles Trust - County Lines Support**
Works with young people at risk of exploitation, gang involvement, and serious violence.
<https://www.stgilestrust.org.uk>
 - **Ambitious Lives**
Youth Mentoring and mental health support
<https://ambitiouslives.com/>
 - **Shelter Birmingham**
Offers housing advice, homelessness prevention, and legal support.
https://england.shelter.org.uk/get_help/local_services/birmingham
 - **Spurgeons Birmingham**
Family support services including parenting programmes and targeted help for vulnerable families.
<https://www.spurgeons.org>
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SEND & NEURODIVERSITY SUPPORT

- **Birmingham Parent Carer Forum** A grassroots group amplifying the voices of parents of children with SEND. Offers workshops and peer support.
<https://www.birminghamparentcarerforum.org>
- **Contact - For Families with Disabled Children** National charity with local reach, offering benefits advice, emotional support, and rights guidance.
<https://contact.org.uk>

BENEFITS & DEBT ADVICE

- **Birmingham Settlement - Money Advice & Family Support** Offers free, confidential help with benefits, debt, budgeting, and housing. Deeply embedded in local communities.
<https://www.birminghamsettlement.org.uk>
- **Citizens Advice Birmingham** - Covers benefits, housing, employment, and legal advice.
<https://www.bcabs.org.uk>

MENTAL HEALTH & EMOTIONAL WELLBEING

- **Pause - Forward Thinking Birmingham** - Drop-in mental health support for young people and parents. No referral needed.
<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>
- **Living Well Consortium - Community Mental Health Services** - Includes counselling, trauma support, and culturally aware services across Birmingham.
<https://livingwellconsortium.com>