

HELPLINES and ADVICE

Family and Emotional Support

Muslim Youth Helpline	08088082008	www.myh.org.uk	Provides emotional support through telephone, email and through the internet
Muslim Community Helpline	(0208) 904 8193 (0208) 908 6715	www.muslimcommunityhelpline.org.uk	Mon-Fri 10am-1pm Provides non-judgemental listening and emotional support.
Parentline Plus	08088002222 FREEPHONE	www.familylives.org.uk	Support and information for parents or anyone in a parenting role.
Apna Ghar Domestic Violence	084551512547		Helpline offering telephone support, emotional counselling and group work specifically for Asian women. Languages offered: Bengali, Gujarati, Punjabi, Sylheti, Tamil and Urdu
Women's Aid Domestic Violence Helpline	(0121) 685 8687 0808 800 0028 FREEPHONE	www.bswaid.org	Mon-Fri 9:30am-5pm Provides counselling, housing, family support, language support, refuge, a safety unit and a drop in service.
Solace Women's Aid	0808 802 5565 FREEPHONE	www.solacewomensaid.org	Mon - Fri 10am-4pm / Tues 6pm-8pm Confidential advice about domestic and sexual violence.
Solace (for Reverts)	07415493390	www.solaceuk.org	Wed 1pm-3pm / Fri 8pm-9:30pm Offering counselling and support to revert sisters in difficulty.
Bharosa	(0121) 303 0368 (0121) 303 0369	bharosa@birmingham.gov.uk	Culturally appropriate support to women experiencing domestic abuse. Referrals for housing, counselling, benefits advice etc. Languages: Bengali, Hindi, Mirpuri, Punjabi, Urdu and English.

Legal

Civil Legal Advice (Legal Aid)	0845 345 4345	www.gov.uk/civil-legal-advice	Mon-Fri 9am-8pm / Sat 9am-12:30pm
Immigration Advisory Service	08447047399	www.ukvisaandimmigration.co.uk	Mon-Fri 8am-8pm

Housing

Shelter West Midlands	08088004444 FREEPHONE	www.england.shelter.org.uk	Mon-Fri 8am-8pm / Sat 8am-5pm Legal and housing advice line offering independent information and advice in confidence to anyone with a housing problem.
Amirah Foundation	(0121) 572 6821	www.amirahfoundation.org	Domestic Violence support and counselling; housing support for rough sleepers; food, clothing; revert Muslim social isolation support

Health

NHS Direct	111 free of charge	www.nhsdirect.nhs.uk	24hrs a day, 7 days a week Confidential health advice for you and your family
The Lateef Project	(0121) 301 5393 (0121) 301 5392	www.mail@lateefproject.com	Mon: 9:00am-3:30pm / Tues: 9:00am-3:30pm and 6:00-8:00 pm / Wed 10:30am-1:30pm Free confidential Islamic telephone counselling.

Money and Debt

National Debt Line	080880840000 FREEPHONE		Help for anyone in debt or concerned they may fall into debt
Citizens Advice Bureau	08444771010	www.bcabs.org.uk	The CAB provides confidential advice about legal, financial and housing problems.
Khidmat Centre Small Heath	(0121) 773 8619	enquiry@shcf.org.uk	Advice on benefits, employment, health, legal issues etc plus mother and toddler group, fitness classes, English and ICT classes.
JIMAS	(01473) 251578	www.jimas.org	Provide Zakah assistance to those in need
National Zakah Foundation	(0208) 9021180	www.nzf.org.uk	Provide financial support and run a shelter for homeless Muslim women.
EOS	(0121) 322 8967	www.eosworks.co.uk	Provides help with debt and money issues; mental health; drugs and alcohol; training; CV writing; English and Maths and getting work related qualifications.

Mosque Based Services

Green Lane Masjid	(0121) 7130080	www.greenlanemasjid.org	Mon 11am-2:15pm / Tues 11am-4:15pm Wed 10:30am-3:30pm / Thurs 11:30-4pm English/Arabic/Urdu Islamic counselling and advice
Birmingham Central Mosque	(0121) 440 5355	www.centralmosque.org.uk	Mon-Thurs 4:30pm-7:30pm (Telephone advice and appointment bookings) Saturday 10am-12pm (Appointments only) Counselling including advice about divorce

Sisters Circles

Sisters' Project	07908403503	www.sistersproject.co.uk	Friday Circle 6:30pm-7:30pm Sparkhill Social & Cultural Centre Next to Sparkhill Library
Green Lane Masjid	(0121) 7130080	www.greenlanemasjid.org	Sisters' Circle Fri 5:15pm-6:15pm Reverts Circle Sun 3pm-5:30pm Last Sun every month