

# Safeguarding- 'PAUSE'

Sent 25 Nov 2021 10:00

Dear Parent/Carer

We are committed to working with families to support children's mental health. Please see below details for 'PAUSE' in Digbeth. This is a drop-in centre for young people to access professional support for their emotional well-being.

<https://forwardthinkingbirmingham.nhs.uk/pause/>

Please email [safeguarding@hillcrest.bham.sch.uk](mailto:safeguarding@hillcrest.bham.sch.uk) if you require any further support on this or any other safeguarding matter.

Kind Regards

**Mr Connor-Hemming**

**Deputy Headteacher**