

Links for Websites:

Here2Help [Here2Help \(solihull.gov.uk\)](http://solihull.gov.uk)

[Preparing for winter leaflet \(solihull.gov.uk\)](http://solihull.gov.uk)

Alcohol/Drugs – SIAS - [Contact Us - SIAS \(sias-solihull.org.uk\)](http://solihull.gov.uk)

[Alcohol and drinking | solihull.gov.uk](http://solihull.gov.uk)

[Drugs and drug abuse | solihull.gov.uk](http://solihull.gov.uk)

Nitrous Oxide <http://www.solihull.gov.uk/health-and-wellbeing/Information-about-nitrous-oxide>

Damp and mould [Damp, mould and condensation \(solihull.gov.uk\)](http://solihull.gov.uk)

Reporting damp and mould for Solihull Council Housing Tenants [Report damp and mould concerns - Solihull Community Housing](http://solihull.gov.uk)

Domestic Abuse – (most GPs signed up to IRIS Service)

Birmingham and Solihull Womens Aid [BSWA](http://solihull.gov.uk)

[Help and advice about domestic abuse \(solihull.gov.uk\)](http://solihull.gov.uk)

Sexual Health – Umbrella [Our services - Umbrella Health](http://solihull.gov.uk)

[Sexual health | solihull.gov.uk](http://solihull.gov.uk)

Stop Smoking – Gateway Lifestyle Services [Solihull Lifestyle Service Referral Form | Gateway Family Services \(gatewayfs.org\)](http://solihull.gov.uk)

[Stop Smoking Solihull](http://solihull.gov.uk)

Healthy Weight [Solihull Lifestyle Service Referral Form | Gateway Family Services \(gatewayfs.org\)](http://solihull.gov.uk)

[Healthy weight | solihull.gov.uk](http://solihull.gov.uk)

Healthy lifestyles programme for families with children aged 4-16years (up to 25 with additional needs) [Eat Well Move More - Solihull On The Move](http://solihull.gov.uk)

Keeping Active

Universal services [Get Moving - Solihull On The Move](http://solihull.gov.uk)

Targeted and referral services [Get Support To Be Active - Solihull On The Move](http://solihull.gov.uk)

[Physical activity | solihull.gov.uk](http://solihull.gov.uk)

Health Checks [NHS Health Check - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[NHS Health Checks for over people over 40 \(solihull.gov.uk\)](https://solihull.gov.uk)

Healthy Heart: [Birmingham and Solihull Healthy Hearts | Birmingham and Solihull Healthy Hearts \(bsolhealthyhearts.nhs.uk\)](https://solihull.gov.uk)

Debt

[Money advice \(solihull.gov.uk\)](https://solihull.gov.uk)

Winter warmth campaign - Solihull Metropolitan Borough Council

For advice and support please ring the Winter Warmth Helpline on 0121 704 8080, 9am – 5pm Monday to Friday.

[Preparing for winter leaflet \(solihull.gov.uk\)](https://solihull.gov.uk)

Mental Health [Mental Health Support Services | solihull.gov.uk](https://solihull.gov.uk)

Bereavement Support [Bereavement Support Services | solihull.gov.uk](https://solihull.gov.uk)

Suicide Prevention [Samaritans](https://solihull.gov.uk)

- [PAPYRUS Prevention of young suicide](https://solihull.gov.uk)
- [Cameron Grant Memorial Trust](https://solihull.gov.uk)
- [The Kaleidoscope Plus Group](https://solihull.gov.uk)

Job Seekers [Solihull For Success](https://solihull.gov.uk)

Children and Families

Healthy Start: [Get help to buy food and milk \(Healthy Start\)](https://solihull.gov.uk)

Health visiting/School Nurse: [Universal Health Services \(solihull.gov.uk\)](https://solihull.gov.uk)

Guide on Common Childhood illnesses [Common childhood illnesses - A Guide for Parents and Carers of children from 0-5 years \(icb.nhs.uk\)](https://solihull.gov.uk)

Vaccination/Immunisation

[Vaccination and Immunisation | solihull.gov.uk](https://solihull.gov.uk)

Asylum Seeker/Refugee support

[Welcome to Solihull](https://solihull.gov.uk)

Infectious Diseases

[Infectious diseases | solihull.gov.uk](#)

Healthy Ageing

Falls prevention [Help to prevent falls | solihull.gov.uk](#)

Strength and balance [Strength & Balance Exercise - Solihull On The Move](#)

Making your home safe [Safe homes \(solihull.gov.uk\)](#)