

# New 24/7 Mental Health Text Service for Birmingham and Solihull

## Free, Confidential Support – Anytime, Anywhere

A new mental health text service is now available for people of all ages across Birmingham and Solihull. The service is free, confidential, and available 24/7 – offering support at the touch of a button.

Text 'Space' to 85258 to connect with a trained mental health professional.

Whether you're feeling anxious, stressed, low, or overwhelmed, help is just a text away. This service is especially helpful for those who may find it difficult to talk on the phone or in person.

Launched in partnership between Birmingham and Solihull Mental Health NHS Foundation Trust and Shout, the UK's first 24/7 text messaging support service, this initiative aims to make mental health support more accessible to everyone.

In addition to immediate support, texters can be signposted to local services such as:

- Talking Therapies
- Crisis Cafés
- NHS 111 Option 2

This new digital service offers a safe space to talk and is a valuable resource for anyone seeking early help or waiting for further support.