

Feeling
stressed?

Overwhelmed?

If you need **space** to talk, we're here
– whenever, wherever.

Text 'Space' to 85258

Free, confidential, 24/7

in partnership with

shout



**Birmingham and Solihull
Mental Health**
NHS Foundation Trust



Feeling worried or alone? You don't have to talk out loud to be heard – we're holding **space** for you.

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Feeling
worried?

Alone?

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Struggling to cope? We have a safe **space** to chat.
No pressure. No judgment. Just support.

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