**Template news article:**

**New 24/7 Mental Health Text Service Launches in Birmingham and Solihull**

**Struggling with stress, anxiety, or feeling overwhelmed? Help is now just a text away.**

A brand-new, round-the-clock mental health text service has launched for people living in **Birmingham and Solihull**, offering **free, confidential support**—anytime, anywhere.

A partnership between Birmingham and Solihull Mental Health NHS Foundation Trust and Shout, the UK’s first 24/7 text messaging support service, this new service is designed to be discreet, accessible, and immediate.

**To start a conversation, simply text ‘Space’ to 85258.**

Whether you're dealing with anxiety, loneliness, depression, or just need someone to talk to, trained mental health professionals are ready to listen and support you—day or night. The service, which is available to people of all ages with a mobile phone, is especially helpful for those who may not feel ready to speak on the phone or in person.

**How it works:**

* Text **‘Space’** to **85258**
* You’ll receive a few automated messages before being connected to a trained mental health professional
* The conversation is free, anonymous, and won’t appear on your phone bill
* You don’t need to register, download an app, or use mobile data

In addition to in-the-moment support, texters can be signposted to local services such as **Talking Therapies**, **Crisis Cafés**, and **NHS 111 Option 2**.

Roísìn Fallon-Williams, Chief Executive of Birmingham and Solihull Mental Health NHS Foundation Trust, said:

“Building on the range of services that are currently available, this localised approach offers a truly accessible first step for people who may not yet feel ready or able to talk face-to-face or over the phone.

“It also reflects our commitment to delivering the NHS Long Term Plan by empowering people to take control of their mental wellbeing and mental health early and reducing the risk of crisis.”

Caroline Westley, Director of Income at Mental Health Innovations, added:

“We’re proud to partner with Birmingham and Solihull Mental Health NHS Foundation Trust to bring this vital service to local people.

“Texting offers a discreet and approachable way to seek help, and by integrating Shout’s clinical model into local services, we can help ease pressure on 111 and in-person support while ensuring no one has to face a mental health challenge alone.”