**Social posts**

**Pleaser tag Shout on any social media posts:**

LinkedIn: Shout UK and Mental Health Innovations

Twitter: @GiveUsAShout Instagram: /giveusashoutinsta

Facebook: /giveusashoutuk

TikTok: @giveusashout

**During launch period (week of 4 August)**

🚨 **New 24/7 Mental Health Text Support for Birmingham & Solihull** 🚨  
Struggling with anxiety, stress, or feeling low? You're not alone.

📱 Text **Space** to **85258**  
💬 Free. Confidential. Anytime.

This new service offers instant support from trained professionals—day or night. No need to call or wait.

#MentalHealthMatters #Birmingham #Solihull #TextSupport #YouAreNotAlone #Space85258

📢 **New 24/7 Mental Health Text Support in Birmingham & Solihull!** 💬🧠  
Feeling anxious, stressed, or low? You’re not alone 💙

📲 Text **Space** to **85258**  
✅ Free  
✅ Confidential  
✅ Available anytime, anywhere

Get support from trained professionals—day or night 🌙☀️  
No talking needed. Just text. 💌

#MentalHealthMatters #Space85258 #YouAreNotAlone #Birmingham #Solihull #TextForHelp

**Post-launch period:**

**Supportive & Reassuring (for general use)**

**Feeling overwhelmed, anxious, or low?**  
You’re not alone—and you don’t have to go through it in silence.  
📱 Text **‘Space’** to **85258** for free, confidential support from a trained mental health professional.  
Available 24/7 to anyone in **Birmingham and Solihull**, in partnership with **Shout**.

**Short & Direct (great for X/Twitter or Instagram captions)**

Struggling to cope?  
Text **‘Space’** to **85258** for free, confidential mental health support—anytime, day or night.  
📍 Available in Birmingham and Solihull  
🤝 Powered by Shout

**Mental Health Awareness Angle**

Mental health matters—every day.  
If you're feeling anxious, stressed, or just need someone to talk to, help is just a text away.  
📲 Text **‘Space’** to **85258** for free, confidential support from trained volunteers.  
Open 24/7 for anyone in **Birmingham and Solihull**.

**Empowering & Uplifting**

You deserve support.  
Whether you're feeling low, anxious, or just need someone to talk to—help is here.  
Text **‘Space’** to **85258** for free, confidential mental health support, available 24/7 in **Birmingham and Solihull**.  
You're not alone. 💙