Template web article:

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

**Free, confidential support is now just a text away.**

A new, round-the-clock mental health text messaging service has launched, offering immediate support to people of all ages across Birmingham and Solihull. The all-age service is a partnership between **Birmingham and Solihull Mental Health NHS Foundation Trust** and **Shout**, the UK’s first 24/7 text support service powered by the charity **Mental Health Innovations**.

**How It Works**

Anyone of any age with a mobile phone who is experiencing anxiety, stress, loneliness, depression, or other mental health challenges can text **‘Space’ to 85258** to start a free, confidential conversation with a trained mental health professional.

* 📲 **Text ‘Space’ to 85258**
* 💬 Receive four quick automated messages
* 🤝 Get connected to a trained mental health professional who will listen, support, and guide you
* 🔒 The service is anonymous, free to use, and won’t appear on your phone bill

No app, registration, or mobile data is required—just a simple text message.

**A safe space when you need it most**

This new service is designed to be especially helpful for those who may not feel ready to speak on the phone or in person. It offers a discreet, accessible first step toward getting help, whether you're in crisis or just need someone to talk to.

In addition to in-the-moment support, texters can be signposted to a range of local services, including:

* **Talking Therapies**
* **Crisis Cafés**
* **NHS 111 Option 2**