



Shropshire, Telford  
and Wrekin

## Feeling low, anxious or overwhelmed?

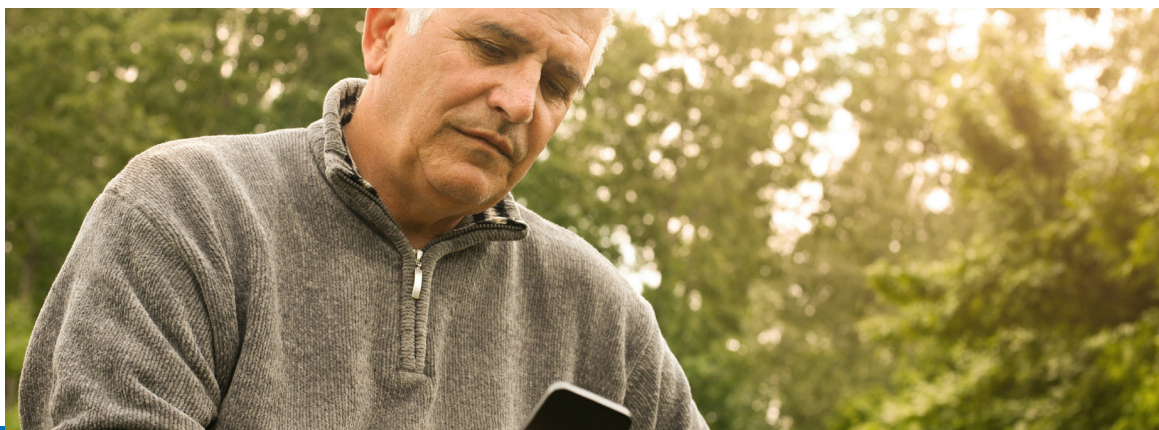
Texting the word **'STW'** to **85258** will start a free, confidential text conversation with a qualified mental health professional.

They can help with issues such as:

- Sadness or low mood
- Stress or worry
- Loneliness
- Relationship problems
- Self-harm
- Panic attacks
- Suicidal thoughts

*"It was really helpful  
talking to someone over text.  
The volunteer provided a safe  
space for me to be more honest.  
I was so much calmer by  
the end of our chat."*

- Shout texter feedback



Text **'STW'** to **85258**

Free, confidential, 24/7 support