



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



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Free, confidential, 24/7 support