



How Shout works:
Easy-to-read explanation
for children and young people

If you live in Birmingham or Solihull and you're feeling sad, worried or lonely, we have a safe space to chat. Text the word 'SPACE' to 85258 to talk about your feelings with a mental health professional.

- Texting 'SPACE' to 85258 is free and confidential
- After you send your text, you'll first get four automated messages from Shout
- As soon as one is free, a mental health professional will send you a message to introduce themselves and ask how you're feeling. You can tell them privately anything that's upsetting you and only need to share what you want
- They will listen to how you're feeling, talk to you about it and help you make a plan for what to do after the chat ends. Conversations usually last between 45 minutes and one hour and end when you feel calmer.
- If you ever need to look back, your conversation will be saved in your messages. Shout is here 24/7 if you ever want to text again.

If your life is at risk, call 999 immediately.