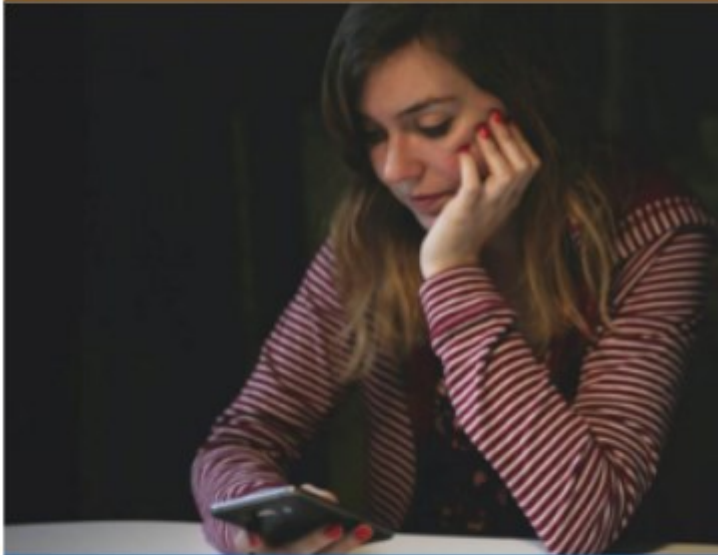


HEAR 85258 - the free to use and local mental health text service



If you're
feeling anxious
or low,

start a
conversation
with us.

Text 'HEAR' to 85258
Free, confidential support, 24/7

NHS
Cambridgeshire &
Peterborough

In partnership with
shout

NHS Cambridgeshire and Peterborough provides HEAR – the free to use mental health text service

A new local mental health free text messaging support service is available across Cambridgeshire and Peterborough, having launched on the 13th November 2023.

HEAR 85258 is being funded by NHS Cambridgeshire & Peterborough, in partnership with the national service SHOUT. The free to use text service provides real-time support to people who are struggling with their mental health across the county.

When texting the word HEAR to 85258, the person will be connected to a trained volunteer who will offer them calm in a time or place of crisis. During the confidential and anonymous conversation, the texter will be supported while working on a plan of action and signposted to local and national mental health services.

Texting HEAR to 85258 is free, discreet and runs 24/7. It won't appear on a mobile bill and requires no app, data, password, or registration.

HEAR 85258 is specifically targeted at school staff, students and their families and carers.

For more information visit: [Text HEAR to 85258](#) | [CPICS Website](#)