

Text HEAR to 85258

NHS Cambridgeshire & Peterborough has partnered with SHOUT to offer support to anyone in Cambridgeshire and Peterborough who is in distress.

Launched on Monday 13 November, the new service allows people who are struggling with their mental health, and live, work or study in Cambridgeshire and Peterborough to text the word HEAR to 85258 for free. They'll then be helped by a volunteer to reach a calm state and be sign posted to local and national resources via text.




The advertisement features a woman sitting at a table, looking down at her smartphone with a thoughtful expression. Two speech bubbles are overlaid on the image: a blue one at the top and a purple one below it. The blue bubble contains the text 'If you're feeling anxious or low,' and the purple bubble contains 'start a conversation with us.' At the bottom of the advertisement, there is a blue banner with white text that reads 'Text 'HEAR' to 85258' and 'Free, confidential support, 24/7'. To the right of this banner, the NHS logo is displayed above the text 'Cambridgeshire & Peterborough' and 'in partnership with shout'.

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start a conversation with us.

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shout