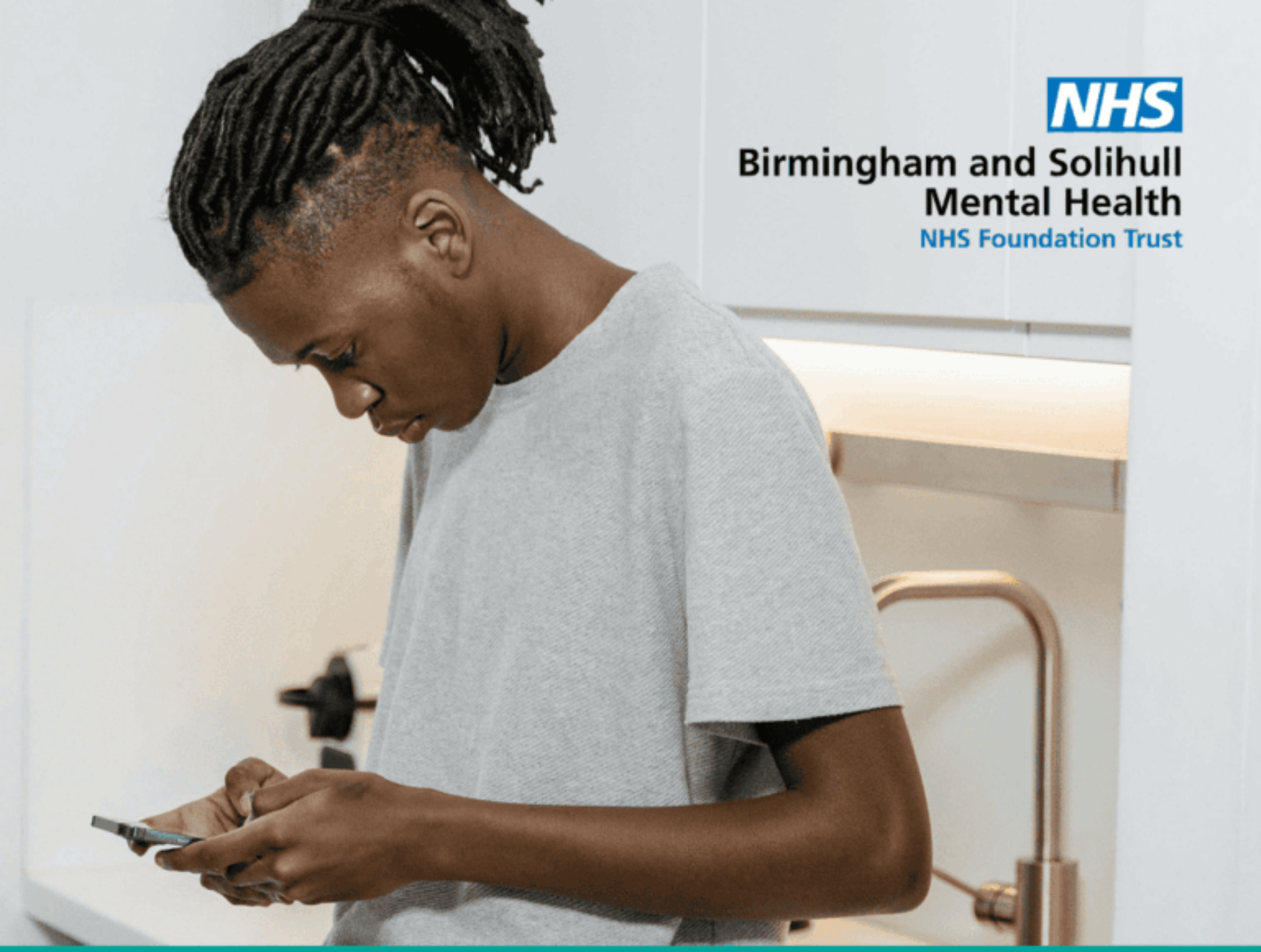


NHS

Birmingham and Solihull Mental Health

NHS Foundation Trust

Feeling worried or alone? You don't have to talk out loud to be heard – we're holding **space** for you.

Text 'Space' to 85258

Free, confidential, 24/7

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