

## New 24/7 Mental Health Crisis Text Service Launches in Lincolnshire through the Lincolnshire NHS Partnership Foundation Trust

People across Lincolnshire can now access confidential urgent mental health support through a new text service called ChatHealth. The service offers a discreet and accessible alternative for people who may find phone calls or face-to-face contact difficult.

ChatHealth has been developed to support individuals experiencing a mental health crisis and is an extension of the NHS 111 option 2 mental health support provided by the Lincolnshire 111 Mental Health Team. It enables secure two-way messaging between people seeking help and trained healthcare professionals.

Support is available 24 hours a day, 7 days a week, with the team aiming to respond to messages within two hours.

**ChatHealth** **NHS**

# Struggling? You're not alone

Whatever you're going through, we're here to listen and support you.

**Text a trained mental health professional.**  
Confidential support available 24/7

- Talk about anything
- Private and confidential
- Support from professionals

**Me**  
Life feels harder than I expected.

**Chat Health**  
Hi Zoe - You don't have to go through these feelings alone - **ChatHealth**

**Me**  
How do I stay strong through them?

**Just text:**

**Adult 18+**  
**07312 263027**

**Or**

**Under 18**  
**07480 635303**

Confidential support — 24/7  
We're here whenever you need us.

Replies in around 2 hours.

Your privacy matters  
Your conversation is safe with us.

\*Messages are charged at the standard network rate if free texts are not covered within existing network contracts.