



18 December 2024

Dear Parent/Carer

24-hour mental health text message service launched in Northamptonshire

We recognise that whilst Christmas can be a time of joy and celebration it can also be challenging and emotional for some members of our school community. I wanted to make you aware of a text message service, available all year round, that is designed to offer support or advice for anyone who may be struggling.



Northamptonshire Integrated Care Board (ICB) along with North and West Northamptonshire Councils have partnered with charity Mental Health Innovations to offer free, confidential mental health support to those across the county through the charity's text messaging support service Shout.

This innovative digital offer will enable anyone in Northamptonshire to access 24-hour mental health support, 365 days a year. Texting the word 'IMATTER' to 85258 will connect you to a trained Shout Volunteer. The service is open around the clock and can help with issues such as anxiety, stress, loneliness, depression and suicidal thoughts. The conversation, which takes place entirely by text message, aims to help the texter reach a calmer place with a plan to move forward. It will also signpost users to further support available locally. Texting Shout does not appear on phone bills and all messages are free and confidential unless there is concern about someone's safety.

The service is open around the clock so I would urge anyone experiencing difficulties with their mental health to consider using this service." *Dr Janine Elson, Chief Medical Officer, Northamptonshire Integrated Care Board.*

Yours faithfully

Mr S Frazer
Principal

Address:
West Haddon Rd
Guilsborough,
Northampton,
NN6 8QE

T: 01604740641

Principal:
Mr S Frazer
B.Sc. (Hons)

Email:
info@guilsborough.
northants.sch.uk

principalpa@
guilsborough.
northants.sch.uk

Web:
www.guilsborough.
northants.sch.uk

Guilsborough Multi Academy Trust

An exempt charity and company limited by guarantee registered in England and Wales No 07535683
Registered Office: West Haddon Road, Guilsborough. Northampton NN6 8QE

