

## PilotsTogether launches #WePilots 85258 text crisis service

Monday 23 August, 2021

London, UK: UK charity PilotsTogether has today launched a text-based crisis service for pilots, staffed by volunteers, to text in if they are struggling to cope with mental health pressures relating to the ongoing disruption facing the airline industry. Pilots, regardless of employment status, can now text #WePilots to 85258 and they will be put in touch with a trained volunteer via text who will support and guide them as required.

Pilots can text #WePilots to 85258 to find professional, independent, and anonymous support on a range of wellbeing issues that are often taboo or stigmatised in the profession. These include anxiety, depression, loneliness, and abuse – issues that many are facing during throughout the ongoing Covid-19 crisis.

The service is being provided in partnership with Shout 85258, a 24/7 UK text messaging service for times when people feel they need immediate support. Shout was established in May 2019 and, since then, has had over 3/4 of a million text conversations with individuals in crisis. The service is available 24/7, 365 days a year, and is free to those that need it at the point of use.

According to Scott Bateman, Chairman, PilotsTogether:

*"The impacts of the Covid-19 are going to be with us for some time. Pilots, including those currently flying, those on furlough, and those who have been made redundant, continue to be affected by increased pressures through this challenging chapter."*

*The #WePilots 85258 text service is a powerful way we can help our community as they navigate through this uncertain chapter."*

Katy Lee, Trustee and Wellbeing Lead, PilotsTogether, says:

*"The Covid-19 pandemic has seen a spike in mental health issues in Great Britain, with approximately 21% of adults suffering from some form of depression. Despite the stigma that still persists in the industry, pilots are suffering too."*

*"I'm so excited to launch this new service that will connect members of our community with the guidance they might need. Nobody should feel ashamed to ask for help and texting #WePilots to 85258 is a fantastic first step."*

### About PilotsTogether

PilotsTogether is a charity established by current pilots and their supporters. Our goal is to ensure that former UK-employed professional pilots remain a part of the pilot community, overcome financial hardship, retain the skills they already have, and ultimately find new employment. For more information visit: [pilotstogether.org](https://pilotstogether.org)

### About Shout 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 750000 conversations with people who are anxious, stressed, depressed, suicidal, or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time. For more information visit: [giveusashout.org](https://giveusashout.org)

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