

Anxious? Worried? Overwhelmed?

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

If your life is at risk, please call 999 for immediate help.

We can help with issues such as:

- Suicidal thoughts
- Depression
- Anxiety
- Panic attacks
- Abuse
- Self-harm
- Relationship problems
- Bullying

By texting the word 'Shout' to 85258 you will start a conversation with a trained volunteer, who will text you back and forth, sharing only what you feel comfortable with.



“ Thank you for helping me calm down and listening to me. You made me feel safe. ”

Text **SHOUT** to **85258**
for free and confidential support

shout
85258
here for you 24/7

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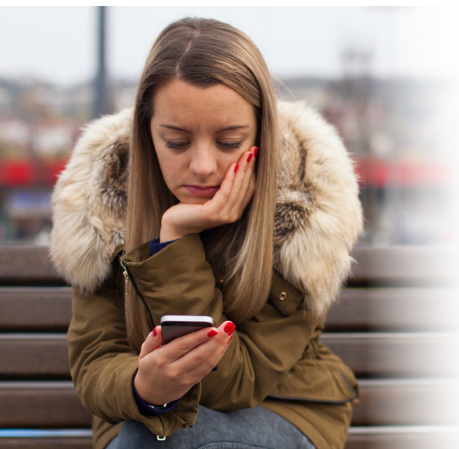
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