

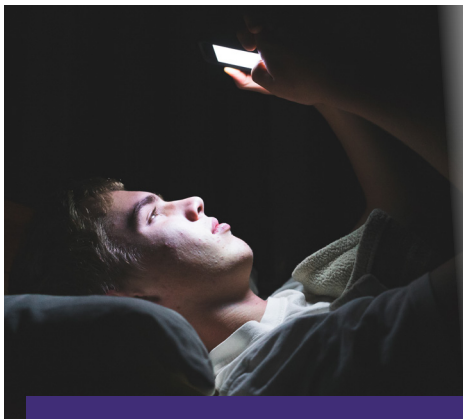
Anxious? Worried? Overwhelmed?

Text **SHOUT** to **85258** to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

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

You can text from wherever you are in the UK.

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



“They helped calm me down and made me feel like I wasn't alone”

Text SHOUT to 85258
for free and confidential support 24/7

Texting 'SHOUT' to 85258 is anonymous and will not show up on your phone bill. For more information, visit [giveusashout.org](https://www.giveusashout.org)

shout
85258
here for you 24/7