

**Feeling
worried
or low?**

Talk to us.

Text VOICE to 85258

for free and confidential support, 24/7

Texting the word 'VOICE' to 85258 is anonymous
and will not show up on your phone bill.

Need to talk?



in partnership with

shout

Text VOICE to 85258 to start a free, confidential text conversation with a trained Shout Volunteer.

They can help with issues such as:

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

You can text from wherever you are in the UK.

Texting is anonymous and will not appear on your phone bill.

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



“ The conversation we had made me feel so much better ”

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