



Feeling low?

Anxious?

**Struggling
to cope?**

Text FALKIRK to 85258

Free, confidential support, 24/7

Text the word
FALKIRK to **85258**
for free, anonymous
support that won't
show up on
your phone bill.

You don't need
to register,
download an app or
use mobile data.



Falkirk Council

in partnership with

shout

85258

here for you 24/7