




Supporting the anxiety (intervention)

Supporting approach ‘Shout’	Making it successful	Resources
 <p>Shout is one of the Community Mental Health and Wellbeing Services commissioned by Falkirk Council.</p> <p>Shout is digital mental health support. The Shout service is a 24/7 text message service for anybody to contact who is struggling to cope. Simply text ‘Falkirk’ to 85258 for free and confidential support that is off-bill and requires no app, data, registration, or password. This service is available to everyone living in Falkirk, regardless of age.</p> <p>Initially the texter will receive an automated response before being paired with a trained Shout volunteer. The goal of the conversation is to help the texter reach a calm and safe place and create some positive next steps. As well as listening without judgement, volunteers may provide texters with further resources or tools for more expert support. Shout volunteers take 2-4 hour shifts remotely and are overseen on an online platform by a team of clinical supervisors.</p> <p>The aim of Services such as these is to help to ‘normalise’ and reduce the stigma of requiring mental health support, to enhance the availability and accessibility of self-help approaches and assist early and effective intervention.</p>	<p>Recommend to young people at any and all stages of intervention.</p> <p>Have information available within the environment and other means of communication to build awareness and empower children and young people to use.</p> <p>The service is available 24/7 so provides support evenings, weekends, school holidays when children may need to access.</p> <p>Familiarise yourself with information on Shout to explain it to children/young people and their parents/carers.</p>	<p>Video about Shout Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)</p> <p>Shout flyer 1</p> <p>Text information</p> <p>Shout poster</p> <p>Keep up to date about Community Mental Health and Wellbeing Services</p> <p>Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)</p>