

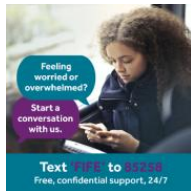



Shout Partnership Social Media Content

Post Content	Imagery
<p>Feeling stressed or worried? Start a conversation with Shout. Text 'Fife' to 85258 for free, confidential support 24/7. https://www.nhsfife.org/shout/</p>	 LINK
<p>Shout offer free & confidential mental health support to anyone in distress - simply text 'Fife' to 85258. Shout's trained volunteers can help with issues including anxiety, stress, loneliness or depression & are available 24/7 https://www.nhsfife.org/shout/</p>	 LINK
<p>If you're feeling low or struggling to cope, text 'Fife' to 85258 for free, confidential support, at any time of day or night. This service, in partnership with Shout, is anonymous & won't show up on your phone bill https://www.nhsfife.org/shout/</p>	 LINK
<p>If you're struggling & want to talk to someone anonymously, text 'Fife' to 85258 for free, confidential support, 24/7. This service is in partnership with Shout https://www.nhsfife.org/shout/</p>	 LINK

Imagery links are included – click on each link to save a copy of the image to your own device and use in your own social media posts.