

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?

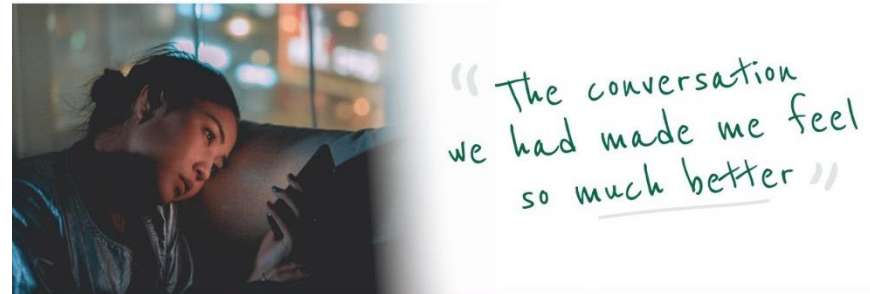
**Text VOICE to 85258** to start a free, confidential text conversation with a trained Shout Volunteer. They can help with issues such as:

- 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.**



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