

Feeling low or struggling to cope?

You don't have to go through this alone.

Texting the word '**HOPE**' to **85258** will start a free, confidential text conversation with a trained Shout Volunteer.

They can help if a relationship has left you feeling:

- Sad or low
- Lonely or disconnected
- Worried or anxious
- Overwhelmed or frustrated
- Unable to cope
- Suicidal

"You made me feel calmer and it helped being able to get things off my chest without judgement."

Shout texter feedback

Text '**HOPE**'

to **85258**

Free, confidential
mental health support, 24/7