

Feeling isolated 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
- Undermined or worthless
- Unable to cope
- Suicidal

"The volunteer provided a safe space for me to talk when I just wanted to feel heard and less alone. Thank you."

Shout texter feedback

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to **85258**

Free, confidential
mental health support, 24/7