



## 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

**Text 'HOPE'**

**to 85258**

Free, confidential  
mental health support, 24/7