

Anxious? Worried? Overwhelmed?

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

If your life is at risk, please call 999 for immediate help.

Shout can help with issues such as:

- Suicidal thoughts
- Depression
- Anxiety
- Panic attacks
- Abuse
- Self-harm
- Relationship problems
- Bullying

By texting the word 'CO' to 85258 you will start a conversation with a trained volunteer, who will text you back and forth, sharing only what you feel comfortable with.



“They helped calm me down and made me feel like I'm not alone”

Text CO to 85258
for free and confidential support 24/7

Texting 'CO' to 85258
is anonymous and will not
show up on your phone bill.

shout
85258

CREATING
OPPORTUNITIES

Partners
catch 22 **4ip** **APPRENTICE NATION**

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