



## Struggling to cope? Text SHOUT to 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 500,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

[Shout 85258 - free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](https://giveusashout.org)