

About Shout 85258 Crisis Text Support

Shout is the UK's first and only 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 1.5 million text conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need 'in-the-moment' support.

As a digital service, Shout has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at that time.

How Shout is making an impact

Since our launch in May 2019, we now have:

- 2,100 trained and active Shout Volunteers in the UK,
- and had 1.5 million text conversations with 540,000 people in distress. (2,000 conversations every day).

We're a 24/7 service.

The most common issues that arise during conversations are suicide (35%), depression (31%), anxiety (30%), relationships (25%) and loneliness (16%).

For more information, please see [**giveusashout.org**](https://giveusashout.org).



shout
85258
are for you 24/7

**Feeling sad,
worried or
overwhelmed?**

Talk to us.

Text SHOUT to 85258
for free and confidential support, 24/7

Texting the word 'SHOUT' to 85258
is anonymous and will not show up on your phone bill.
For more information, visit giveusashout.org