

# Need support?

in partnership with  
**shout**

**Text REFLECT to 85258** to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

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

Texting is anonymous and will not appear on your phone bill. You will not be charged for using this service.

For support while we connect you, visit:  
[giveusashout.org/get-help/resources](https://giveusashout.org/get-help/resources).

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



*“The conversation  
we had made me feel  
so much better”*

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for free and confidential support 24/7