

If you're experiencing a personal crisis, are unable to cope and need support, text **SHOUT** to **85258**.

If your life is in imminent danger, please call 999.

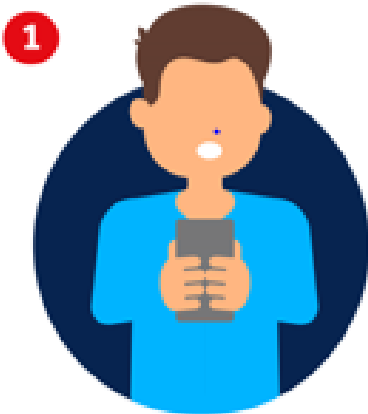
We can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship challenges

We will always try to respond as quickly as possible, however our responses will be longer at times of high demand.

We will always respond to high risk texters as a priority. If you are at imminent risk call 999 and if you need another form of support, please review other support agencies here – <https://www.headstogether.org.uk/get-support/>

How it works:



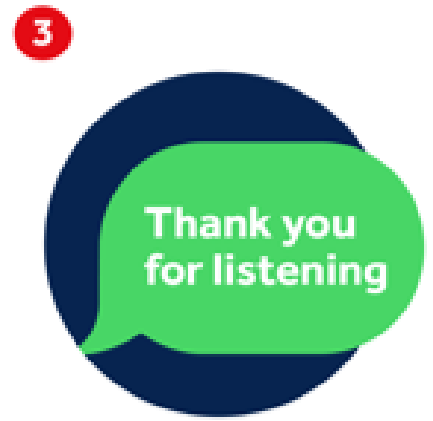
TEXT

Text **SHOUT** to **85258** from anywhere in the U.K., 24/7.



CONNECT

You will connect with a trained Crisis Volunteer who will listen without judgement to help you move from crisis to calm by texting back and forth and only sharing what you feel comfortable with.



CALM

The conversation ends once you are in a calm and safe place, ideally with a plan for support going forward.