

Feeling low?

Anxious?

**Struggling
to cope?**

Text SHOUT to 85258

Free, confidential support, 24/7

Text the word
SHOUT to **85258**
for free, anonymous
support that won't show
up on your phone bill.

You don't need to register,
download an app or
use mobile data.
For more information,
visit **giveusashout.org**.

