

Shout

Shout is a free text service, for anyone in crisis anytime, anywhere. Open 24 hours a day, 7 days a week. It's a place to go if you're struggling to cope and you need immediate help.

Shout is powered by a team of trained volunteers, who are at the heart of the service.

Last updated: May 3, 2023

Telephone: Text 85258

Website: <https://www.giveusashout.org/>

Email: info@giveusashout.org

Website 2: <https://www.crisistextline.uk/>

Twitter: <https://twitter.com/GiveUsAShout>

Related Articles

[Mental health emergency or crisis services](#)

[Mental Health](#)

[Self harm](#)