

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:

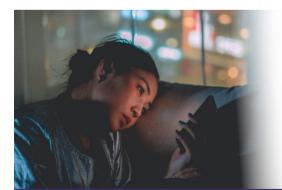
- Anxiety
- Stress
- Depression
- Suicidal thoughts
- Self-harm

- 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.

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



If the conversation we had made me feel so much better !!

Text RELFECT to 85258

for free and confidential support 24/7