



**Anxious?**

**Stressed?**

**Need  
support?**

**Shout 85258** won't appear on a mobile bill and requires no app, data, registration or password.  
[giveusashout.org](https://giveusashout.org)

Text **SHOUT** to **85258**  
for free and confidential support

**shout**  
**85258**  
here for you 24/7