

Why support my Shout fundraiser

shout
85258

Shout is the only free, confidential, 24/7 text messaging support service for anyone in the UK who is struggling to cope.

It's free to use and the service is discreet and easily accessible by texting SHOUT to 85258 at any time of day or night.

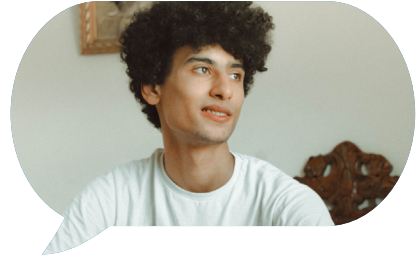
As a charity, Shout relies on volunteers and donations to keep the service free and available 24/7 for anyone who needs it.

Shout is powered by more than 2,500 trained volunteers, overseen by clinical supervisors. Shout Volunteers are skilled at helping people move from a state of despair to a place of calm.

They take around 2,000 potentially life-saving conversations a day with people who are anxious, stressed, depressed, overwhelmed or suicidal.



86%
of texters say that
their conversation
was helpful



“I found myself messaging Shout as a last ditch attempt before ending my life. I believe it's because of the volunteer's actions that I am still here today.”

With your help, we can ensure that no one faces a mental health problem alone.

Other ways to help

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Volunteer for Shout

Our volunteers are at the heart of everything we do. They take text conversations with children, young people and adults who are struggling to cope. With 25 hours of free training and ongoing coaching support, you'll learn skills that you can use in all walks of life.

> giveusashout.org/volunteer



Find out
more and
apply to
volunteer:



Make a donation

As a charity, we rely on funding and donations to keep our service free and available 24/7 for anyone in the UK who needs it.

Your donations will help to ensure that people in crisis can access vital support whenever they need it most.

> mhi.enthuse.com/giveusashout



Make a
donation:



£10 can help someone in distress to access an hour of mental health support

£25 can fund a clinician to provide expert supervision of conversations on our digital mental health platform

£250 can train a volunteer to take life-saving conversations with people in crisis