

Urgent - volunteers needed for mental health text support service

shout
85258
here for you 24/7

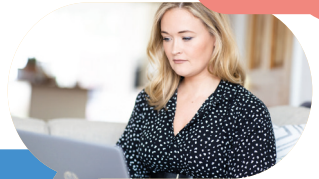
A rewarding opportunity to volunteer flexibly from home for **Shout** - a 24/7 text messaging support service for anyone in the UK who is struggling to cope.

Shout is a de-escalation service and our empathetic volunteers take text conversations with children, young people and adults who need immediate support.

You'll be supported by Clinical Supervisors as you work to take someone in distress to a calmer moment, empowering them with techniques to take their next steps to feeling better.

You'll benefit from:

- **25 hours of training**, teaching you communication, active listening, problem solving and crisis management skills
- **Supporting people who are struggling to cope:** help those who have no-one else to talk to and who really need 'in-the-moment' support
- **Being part of a pioneering global community:** connect with both UK and New Zealand volunteers via a digital hub
- **Vocational development:** supported by coaches, develop digital mental health skills and experiences recognised by universities and colleges and relevant to many professions.



Apply to volunteer at: giveusashout.org/volunteer