

Feeling anxious or low?

Free mental health support is available for pregnant people and new parents with children aged 0-2.

Sending a message with the word 'HUG' to 85258 will start an anonymous text conversation with a trained Shout Volunteer.

They can help with issues such as:

- Stress
- Worry
- Loneliness
- Relationship problems
- Self-harm
- Panic attacks
- Suicidal thoughts
- Feeling depressed

"Shout helped turn a night of worry and guilt into a peaceful, calming evening for myself and my partner."

Shout texter feedback



Get free confidential support
24/7 by texting 'HUG' to 85258

shout
here for you 24/7