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## Shout

### Organisation details

#### Description of activity

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.

Shout exists in the US as 'Crisis Text Line', but this is the first time the tried and tested technology has come to the UK.

The anonymised data we collate gives us unique insights into mental health trends to help improve people's lives.

### Contact details

#### Email address

[info@giveusashout.org](mailto:info@giveusashout.org)

#### Website

<https://www.giveusashout.org>

### Social media links

#### X link

<https://twitter.com/GiveUsAShout>