

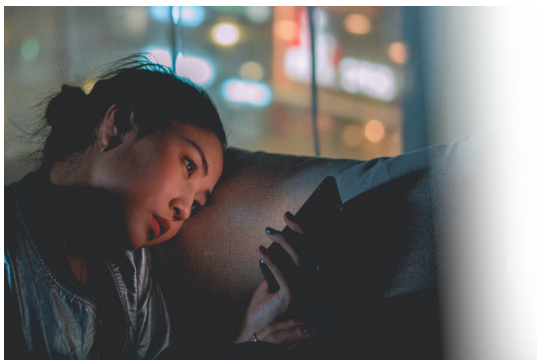
# Anxious? Stressed? Overwhelmed?

Text **FALKIRK** to **85258** to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

- Suicidal thoughts
- Depression
- Anxiety
- Panic attacks
- Abuse
- Self-harm
- Relationship problems
- Bullying

You can text from wherever you are in the UK.

**If your life is at risk, please call 999 for immediate help.**



“The conversation we had made me feel so much better”

**Text FALKIRK to 85258**  
for free and confidential support 24/7

Texting 'FALKIRK' to 85258 is anonymous and will not show up on your phone bill.



in partnership with  
**shout**  
**85258**  
here for you 24/7