

## Feeling anxious, lonely or sad?

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

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

Texting is anonymous and will not appear on your phone bill. You will not be charged for using this service.

For support while you wait for Shout to reply, visit: [giveusashout.org/get-help/resources](https://giveusashout.org/get-help/resources).

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



"The conversation we had made me feel so much better"

Shout texter feedback

**Text IMATTER to 85258**  
for free, confidential support, 24/7



## How does it work?

Trained Shout Volunteers are available to listen and support you 24/7. To start a conversation, anyone in Northamptonshire can text the word 'IMATTER' to 85258.

You'll receive four automated messages before being connected to a volunteer. They will introduce themselves and ask you to share what's bothering you. They will listen and talk with you silently, via text message. You only need to share what you feel comfortable sharing.

The aim of the conversation is to help you reach a calmer and safer place, with a plan of how to support yourself going forwards. As well as listening without judgement, the volunteer may provide you with further resources or tools to help you get more expert support.



"Shout helped me  
through my lowest"

Shout texter  
feedback

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