



**Anna Freud**  
National Centre for  
Children and Families

**shout**  
**85258**  
here for you 24/7

# Feeling overwhelmed? Struggling to cope?

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

## Text the free, confidential textline

All texts are answered by trained volunteers,  
with support from experienced clinical specialists