

The NHS logo is positioned inside a white cloud shape in the upper left corner of the illustration. The background features a stylized landscape with orange and teal hills, a smiling yellow sun, and two hot air balloons with striped patterns. One balloon is smaller and on the left, while the other is larger and on the right, carrying a man and a woman. The overall style is flat and colorful.

Providing NHS services

# Free, safe and anonymous mental health support.

Your local NHS is providing free counselling, group support and self-help tools for young people through **kooth.com**. It's completely anonymous and you can sign up without any referral.

**kooth**



## Chat with a professional

Our friendly team of professionals provide anonymous support through live, online chat. Chat through whatever is on your mind there's nothing too big or small.



Relate to similar situations and connect with others by sharing experiences and gaining valuable self care tips through our discussion boards.



## Read self-help articles

Helpful articles, personal experiences and tips from both the community and our professional team.



## Try a wellbeing activity

Set personal goals, write in your journal, or try a wellbeing activity from our mini-activity hub.



**scan me to  
get started**  
or visit **kooth.com**

**Professional support** from  
12pm - 10pm (weekdays)  
and 6pm -10pm weekends.  
**Everything else is 24/7.**