


The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

Providing NHS services

A colorful illustration featuring two hot air balloons. The balloon on the left is red with blue and orange wavy patterns and has a small basket with a person inside. The balloon on the right is blue with red and orange wavy patterns and has a basket with two people inside. A large, smiling sun with rosy cheeks is in the center. The background is a blue sky with white clouds, and the foreground consists of rolling red hills.

Free, safe and anonymous mental wellbeing support for young people.

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



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