

The NHS logo is positioned inside a white cloud in the top left corner of the illustration. The background features a stylized landscape with rolling hills in shades of orange and red, a large yellow sun with a smiling face, and two hot air balloons. One balloon is smaller and further away, while the other is larger and closer, carrying a man and a woman. The sky is a light teal color with some white clouds.

Providing NHS services

# 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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