

The NHS logo is positioned in the top left corner, enclosed within a white cloud shape. The background of the entire advertisement is a vibrant, stylized illustration featuring a bright yellow sun with a smiling face, two hot air balloons with red and teal striped patterns, and a man and a woman standing on a platform. The scene is set against a light blue sky with soft white clouds and a red, wavy ground line at the bottom.

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.



scan me to
get started
or visit [kooth.com](https://www.kooth.com)

kooth