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#Kooth from @xenzone_uk is here for you whenever you need it. With plenty of options ranging from self-help articles and forums, to chats with professional online counsellors, you can get the support and help you need when it's right for you ✓. It's free, anonymous and completely confidential 👥 @kooth_uk

👉 Get in touch <https://www.kooth.com/>

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During these times of uncertainty, coming together and looking after ourselves and our well-being is essential ✓. If you're feeling a bit lost and looking for somewhere share your feelings or someone to chat to, know that you can head to #Kooth from @xenzone_uk. A free, anonymous 👥 and safe online mental health ☐ service to give you a helping hand when you need it ☐ - @kooth_uk

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