


The NHS logo is positioned in the top left corner of the advertisement, enclosed within a white cloud shape. It consists of the letters 'NHS' in a bold, blue, sans-serif font.

Providing NHS services

The top half of the advertisement features a vibrant, stylized illustration. A large, bright yellow sun with a smiling face and rosy cheeks is the central focus. To its left, a hot air balloon with a red and blue striped pattern floats in the sky. To its right, another hot air balloon with a blue and red striped pattern carries two people, a man and a woman, who are looking towards each other. The background is a light blue sky with soft white clouds, and the bottom of the illustration transitions into a solid red area that serves as the background for the text below.

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)

The kooth logo is located in the bottom right corner. It features the word 'kooth' in a bold, white, lowercase sans-serif font. The letter 'o' is replaced by a stylized icon of a person's head with a speech bubble, and the letter 'h' is replaced by a speech bubble icon.



Providing NHS services

Free Counselling and wellbeing support at your fingertips

Your local NHS is providing free online counselling, community support and self-help tools for adults through www.qwell.io



Free with
no hidden
costs



You're
anonymous
to us



No GP
referral
required



scan me to
get started
or visit www.qwell.io