

The  
Henry Smith  
Charity

# Kindred helpline



A professional, free and confidential support service  
provided by Care First to support Kindred of Henry Smith

## Receive 24/7 support, advice, information and counselling for:

- Personal and family matters
- Bereavement
- Addiction
- Financial
- Housing
- Legal issues

At home

At work

Health &  
Wellbeing

## Download the MyPossibleSelf app

MPS is a free mental health app that uses clinically  
backed content to reduce stress, anxiety and low mood.



[carefirst-lifestyle.co.uk](https://carefirst-lifestyle.co.uk)



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**Username:** henrysmith

**Password:** kindred

