

Kindred helpline

A professional support service provided by Care First to support the 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



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Password: kindred

