

## Kindred helpline

A free, independent, confidential and 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](https://carefirst-lifestyle.co.uk)



03332 125 099

Username: henrysmith

Password: kindred

