



How do you feel now we've had a chat?

Peer Support Coach at knus

11:11

Yes, it feels good to speak to someone that understands

11:11



That's great to hear 😊

Peer Support Coach at knus

11:11



Our peer support coaches are here for you whenever you fancy a chat.

Peer Support Coach at knus

11:11

**Text KNUS
to 82228**



www.knus.io



0300 030 5687

13850184



**COMMUNITY
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COMPANIES**



Social Enterprise UK
Certified Member



*Your mobile phone operator text message and data rates may apply when accessing our services.

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All it takes is a 'hello'

Our purpose, to the letter
Is to help you feel much better.
A little chat, or something more
We won't let you feel alone.

Be it your laptop or your phone
You can make your problems known.
We will be your helping hand,
How you feel, we understand.

All it takes is a 'hello'
On our website knus.io
It is free and confidential
As your privacy is essential.

If your internet is not so great
Simply text KNUS to 82228
To your needs, we will respond
A bright future, we'll shape beyond!