

Anxious? Stressed? Overwhelmed?

Chat with
someone that
truly understands
how you feel.



Text **KNUS**

to **82228**



knus
by your side

SMS rates may apply. Terms can be found at knus.io/alltheterms

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!