

## DAY 4 Big White Wall

Link: Big White Wall

Hashtags: #KentTogether,  
#HereForYou



Big White Wall provides mental health support for young people aged 16-18 in Kent. Visit [www.bigwhitewall.com](http://www.bigwhitewall.com) to access the supportive online community which includes lots of guided support course and resources.

Kooth also provides free, safe and anonymous online support for younger people: [www.kooth.com](http://www.kooth.com).

#KentTogether #HereForYou