



# Kids Inspire supports children, young people and their families who are experiencing anxiety, depression, trauma and other mental health concerns

More young people than ever are asking for help, which is why Kids Inspire are leading the way to deliver lasting mental health and trauma recovery support.

Learn more:  
[www.kidsinspire.org.uk/get-involved](http://www.kidsinspire.org.uk/get-involved)



**Kids Inspire**  
Therapy, opportunity, love & care