



**KEEP
CALM
AND
CONNECT
WITH
ONLINE
HELP**

www.kjt.lu

When life gets challenging, it can really help to talk to someone. Online Help is a **private** and **confidential** service provided by **Kanner-Jugendtelefon** for children and young people. Online Help is open 7 days a week and you can send a message to one of our trained counsellors at any time and about anything – no problem is too big or too small.