knus Gains Incubator Support in London

Wednesday 31 May, 2023

LONDON—(31 May 2023)— knus, the U.K.'s first mental health peer support tech platform, is pleased to announce it has been accepted to Hatch Enterprise, an incubator in London. Hatch Enterprise works with underrepresented entrepreneurs from all over the U.K. They help start-ups and early-stage businesses launch and grow through workshops, events, one-on-one support, networking, and partnership opportunities.

"We couldn't be more excited for this opportunity," knus Founder Charles Harris said. "Our non-profit organisation wants to help as many people as we can overcome anxiety. By working with Hatch, we will be able to expand our reach even further."

knus is also working with U.K. government bodies such as the DWPs (Department for Work and Pensions) Job Centres, Councils, and M.P.s to help those experiencing anxiety access services.

knus supports those experiencing anxiety through an innovative online and confidential coach-led course. Participants are paired with trained peer support coaches, that are fully DBS-enhanced checked and are required to uphold high levels of confidentiality. The Overcoming Anxiety course walks participants through thirty-specially-designed steps to meet their individualised needs, while on the road to managing anxiety. The course is CPD-accredited (http://knus.io/course) and available to all over the age of 18.

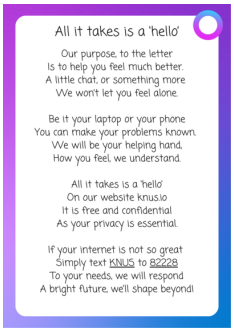
One knus service user, Eva, said, "The turning point came when I took the Overcoming Anxiety course. With the help of a certified coach, I learned more holistic ways to manage anxiety in a healthy way. This is a very personal journey. I have learnt to embrace anxiety symptoms, manage them and work towards a better future. This course also has CPD accreditation, which is a big plus! At the end of the day, knus was a hug of hope that I needed to carry on!"

knus is the brand name for knus mental health C.I.C., and it launched in Nov. 2021. The platform is considered the first free, confidential, mental health peer support and coaching chat service in the U.K. The organisation is a registered community interest company (1385018), regulated by The Office of the Regulator of Community Interest Companies and is fully insured. Its volunteers are compassionate and caring individuals, who have a lived experience of mental health.

Follow knus on Instagram (@getknus), Twitter (@getknus), and connect with knus on Facebook Messenger, Telegram, and WhatsApp. For additional information, to access the knus chat service and courses, volunteer opportunities, visit the non-profit's website at www.knus.io or text KNUS to 82228.

Media:





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Knus :: Mental Health :: Anxiety :: Overcoming Anxiety :: Peer Support :: Coaching :: Health :: Health Tech :: Tech :: Hatch :: DWP :: Job Centre :: Councils :: MPs :: CIC ::

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