



Overview

Kooth is commissioned by TEWV NHS Foundation Trust to offer **free** online counselling and emotional well-being support to young people aged 11-18 years.

Launched in 2004, accredited by the BACP and a trusted delivery partner of the NHS, Kooth is a transformational online mental health support website for young people to access. Kooth provides free information, advice and guidance through pre-moderated articles, forums and access to one to one chats with a qualified counsellor. Kooth works in partnership with traditional community health providers and provides links and pathways to traditional and specialist face-to-face services.

Kooth provides young people with:

- An opportunity to access services anonymously
- Access to support from qualified counsellors through live 'chat to a counsellor' and 'message the team'.
- Access to online pre-moderated articles and magazines
- An opportunity to write personal stories and experiences
- An opportunity to set personal goals, supported by the counselling team online
- Access to Kooth from any internet enabled device, 365 days a year.
- Out of Hours Support. *Counsellors on Kooth are available online Monday-Friday, 12pm - 10pm and weekends, 6pm-10pm*

Free sessions available:

Kooth Awareness Talks- to introduce Kooth to pupils, the registration process and site features are demonstrated.

Staff Training- an insight of Kooth as well as understanding the background of the site, ie safeguarding, counselling sessions that are available to young people.

Free Kooth support cards and posters provided to each provision.

For more information or to arrange a booking, please contact us on the following details:

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