



Kooth Online Counselling and Emotional Wellbeing Service for 11 – 18 years (up to 19th Birthday) in East and West Suffolk

A new free online counselling and emotional wellbeing support service for young people in east and west Suffolk aged 11 – 18 is being launched on World Mental Health Day (October 10).

Called Kooth, young people will now be able to access online counselling through their mobile device, 365 days a year.

Experienced counsellors will be available for virtual drop-in or bookable chat sessions from 12 noon until 10 p.m. on weekdays and from 6 p.m. until 10 p.m. on weekends.

As well as online counselling, Kooth offers peer-to-peer support, moderated forums with other young members of the 'Kooth community' and a wide range of self-help materials.

Young people who use the service will be able to seek support or advice on any topic they wish, from coping with exam stress or bullying, seeking help for an eating disorder, dealing with suicidal thoughts or handling sexual abuse. There are no thresholds or barriers for young people on receiving help from Kooth.

Kooth has been commissioned by NHS Ipswich and East Suffolk and NHS West Suffolk clinical commissioning groups, as part of the ongoing commitment to improving local mental health services as part of the Children & Young People's Emotional Wellbeing Plan.

What is Kooth?

Kooth is a free online counselling and emotional wellbeing support service providing young people with a safe and secure means of accessing support from a professional team of qualified counsellors. Kooth is an award-winning online counselling service and is accredited by The British Association of Psychotherapy

and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK.

What benefits can Kooth provide to young people in Suffolk:

- **Kooth** has no referrals or waiting lists.
- Young people can access this service anonymously by signing onto the **Kooth** site.
- **Kooth** provides unique out of office hours' provision and is open 7 days a week, 365 days a year from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays, with reduced cover Christmas Day, New Year's Eve, New Year's Day and Bank Holidays.
- **Kooth** have a team of qualified counsellors, therapists and support workers that can provide guided, outcome-focused help for each individual.
- **Kooth** take safeguarding and clinical governance extremely seriously.

A **Kooth Integration & Participation Worker** will be working locally to promote and provide information on **Kooth** to professionals, secondary schools and colleges. They will organise free presentations on **Kooth** to students, as well as deliver free sessions on **Kooth** to school staff and other professionals enabling them to signpost young people to **Kooth**.

To find out more about Kooth, go to www.kooth.com

To request free Kooth promotional resources. Please contact Sarah at: sclark@xenzone.com.

