



Kooth plc

020 3984 9337

koothplc.com

Re: Kooth & Qwell Mental Health Support

Dear Parents/Carers,

We are writing to inform you of a free service available for young people aged **10 - 25** called **Kooth.com**. This service has been commissioned by **Liverpool Public Health**, making it free at the point of access for your child to receive help and support.

Kooth.com is a mental health and wellbeing platform that offers online counselling support. Kooth has been commissioned in St Helens to provide a **safe** and **anonymous** mental health and wellbeing service. There are no costs, no waiting lists, no referrals and no criteria required to access the service, which is accredited by the *British Association for Counselling and Psychotherapy (BACP)* and delivered by *Kooth plc*, the UK's largest digital mental health provider. The site is tailored to the age of the user, ensuring young people can only see posts and comments relevant to them.

Young people can access a wide range of **self-help resources, peer to peer support** and our **online counselling service**. The counselling service is open 365 days a year, from 12pm until 10pm on Weekdays and 6pm until 10pm on Weekends. The self-help resources and peer to peer support are available 24/7 via the site.

This session will also discuss Qwell, our sister service for adults, which is not currently available in Liverpool.

We feel it is important that you know about Kooth.com and understand what it can offer.

Therefore, we will be hosting a **Discover Kooth & Qwell Parent/Carer Webinar via Eventbrite** on **Thursday 7th July 2022 at 6pm until 7pm** to allow you to learn more about this service and ask any questions you may have.

You can find this event by searching for **Discover Kooth & Qwell- For Parents/Carers in Northwest, Wales & IOM** on Eventbrite.co.uk.

For any further information, please visit the website www.kooth.com or contact parents@kooth.com if you have any questions.