




Supporting the anxiety (intervention)

Supporting approach 'Kooth'	Making it successful	Resources
 <p>Kooth is one of the Community Mental Health and Wellbeing Services.</p> <p>Kooth is an online wellbeing and mental health service.</p> <p>Kooth is available for any child or young person in Falkirk <u>aged 10-18</u> and provides a range of support including self-help materials, a moderated peer community and 1:1 professional support from Kooth's team of accredited counsellors and emotional wellbeing practitioners.</p> <p>Kooth has no referrals, thresholds or waiting lists. Young people can access this service anonymously by signing onto the Kooth site Home - Kooth. Registration requires no name, exact date of birth, address, or phone number. The service is free.</p> <p>The aim of Services such as these is to help to 'normalise' and reduce the stigma of requiring mental health support, to enhance the availability and accessibility of self-help approaches and assist early and effective intervention.</p>	<p>Recommend to young people at any and all stages of intervention.</p> <p>Have information available within the environment and other means of communication to build awareness and empower children and young people to use.</p> <p>The service is available 24/7 so provides support evenings, weekends, school holidays when children may need to access.</p> <p>Familiarise yourself with information on Kooth to explain it to children/young people and their parents/carers.</p>	<p>Video about Kooth Home – Kooth</p> <p>Kooth Poster</p> <p>Kooth information</p> <p>Keep up to date about Community Mental Health and Wellbeing Services</p> <p>Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)</p>