



Kooth Online Counselling & Mental Health Service for 16 – 26 years in Inverclyde.

We are delighted to inform you that **Kooth, the online counselling service delivered by Kooth Digital Health**, has been commissioned in Inverclyde. **Kooth is an integral component of Inverclyde’s mental health provision** offering a digital counselling and emotional well-being service for young people.

Kooth is a free online counselling and emotional well-being support service providing young people aged 16- 26 years living in Inverclyde with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors.

Kooth is a well-established, 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, having won a number of prestigious awards.

Kooth has no referrals, thresholds 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 per week, 365 days a year, with live support and counselling available from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays. **Kooth** provides added value with moderated,

scheduled forums and self-help articles (many written by service users) to provide peer led and self-help support.

Kooth helps to reduce waiting times for young people seeking help, removes stigma around mental health and accessing services. **Kooth** integrates with face-to-face local services to ensure a seamless transition for young people.

Kooth's team of qualified counsellors, therapists and support workers provide guided, outcome-focused help for each individual. **Kooth** takes safeguarding and clinical governance extremely seriously. The safety and well-being of all **Kooth** users is an utmost priority.

Kooth will be working in the region to raise the profile of the service with professionals and young people. We are hosting several Kooth Introduction sessions which you are welcome to join to find out more or ask questions. The dates, times and links are listed below;

Support Service users and/or workers can attend an introduction and demonstration of the service by booking to attend the online session on **Tuesday the 4th of April at 10am**. Please book using the following link:
<https://www.eventbrite.com/e/594705258437>

Healthcare Professionals working with young people (or those who cannot make the date above) can also choose to book to attend the online session on **Tuesday the 4th of April at 12pm** Please book using the following link:
<https://www.eventbrite.com/e/594710303527>

Parents and Carers can attend our online information session on **Wednesday 5th of April at 4pm** which can be booked using the following link:
<https://www.eventbrite.com/e/594713513127>

Educators can attend an introduction and demonstration of the service by booking to attend the online session on **Tuesday the 18th of April at 4;15pm** Please book using the following link:
<https://www.eventbrite.com/e/594717093837>

Please do not hesitate to contact Kooth with any queries at inverclyde@kooth.com

Yours sincerely,