

Introducing Kooth.com

Online counselling support for young people aged 11-18

A counselling, advice and support service called Kooth.com is now available for children and young people in North Yorkshire. The service has been commissioned by Tees, Esk and Wear Valleys NHS Foundation Trust for North Yorkshire and by Airedale Wharfedale CCG for Craven and is supported by local Clinical Commissioning Groups (CCG) and North Yorkshire County Council.

Kooth.com is an award winning and innovative online counselling and support service which is now available to all young people aged 11-18 years in North Yorkshire. It is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. Kooth's fully trained and qualified counsellors and emotional wellbeing practitioners are available weekdays 12pm until 10pm and weekends 6pm until 10pm, 365 days per year, providing out-of-hours service for emotional support in an accessible way. In 2018-19, kooth.com was accessed by over 130,000 young people across England.

Kooth.com has been developed by an organisation called XenZone. To ensure that teachers and other education specialists know about KOOOTH.com and understand what it can offer in order to refer or signpost young people they can arrange awareness sessions. This could be as part of training days, twilight sessions or even lunchtime sessions as it takes 30 minutes to give a presentation with a Q&A period.

XenZone's Integration Workers are also available to present at school assemblies to introduce Kooth.com to year groups as well as attending professional meetings. If you are interested in arranging a date, would like more information before then or to book free awareness training or regarding joint working please contact Emma Handford, Integration and Participation Worker, Ehandford@xenzone.com. And for queries related to Craven erichards@xenzone.com

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