



## **South West London Health and Care Partnership: Kooth Online Counselling Service for 11 – 22 year olds in Sutton**

Kooth is a free online counselling and emotional well-being service for young people aged 11-22 which can be accessed by visiting [kooth.com](https://kooth.com) or by using the search term 'Kooth' and is accessible via a smart-phone or computer. The service is completely anonymous and allows young people to freely and openly discuss any concerns they may have, through the wide range of services offered.

Kooth is available for all young people, including those who may have learning difficulties or disabilities, live in care or are struggling with personal circumstances. The Kooth service is also useful for young people with Autism, ADHD or other complex mental health needs.

There is also additional advice on emotional well-being, during these current times, for children, young people, parents, carers and teachers, available on our website <https://swlondonccg.nhs.uk/your-health/mental-health/covid19-resource-hub/>

- A short video has been produced for young people to explain how the service can help: <https://youtu.be/uPZyazfHTvI>

### **More information on Kooth**

Accredited by the BACP, and as a trusted delivery partner of the NHS, Kooth has supported over 250,000 children and young people across the UK since 2004.

It's anonymous and free at the point of use. Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device - young people can log on wherever they are to access professional counselling up until 10pm 365 days a year.

For more information regarding the service, please visit the XenZone website; [www.xenzone.com](https://www.xenzone.com). Please do not hesitate to contact the South West London Health and Care Partnership programme team with any queries by emailing [SWL.EmotionalWellbeing@swlondon.nhs.uk](mailto:SWL.EmotionalWellbeing@swlondon.nhs.uk)