

Kooth – online counselling and support service

This is a free online counselling service which is available to young people aged between 11-25.

They will offer support and guidance for **any difficulty** a person may be going through, whether that is concern over mental health, well-being, or coping with bereavement or with exam pressures, or any other worry you may have.

Kooth can be accessed via any device. It is an online service which operates in a similar way to online chat and many young people have found this a good way to gain professional support from trained counsellors.

Click on the link to access their website: www.kooth.com



**Free, safe
and anonymous
online counselling
and support**

"I don't think I could've spoken
to someone face-to-face."

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friendly counsellors

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kooth
www.kooth.com