



Online portal statement:

**Kooth.com - online support for young people**

We would like to remind you of the availability of our online service to support the wellbeing and resilience of young people.

**Kooth** is a web based confidential support service available to young people **aged 11-18 years** across **Teesside, County Durham and North Yorkshire**. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

**Kooth** offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12 noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed and outside of those counselling hours', young people can message our team and receive support by the next day.

When young people register with **Kooth** they are able to access support now and in the future. Support can be gained not only through optional counselling sessions but through gaining access to articles, forums and discussion boards. **All content is age appropriate, clinically approved and fully moderated.**

To find out more visit [www.Kooth.com](http://www.Kooth.com) where young people can register and others can find out more about the service.

You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>.