



Online support for young people

Commissioned by the Clinical commissioning group. **Kooth.com** is a free, online counselling and emotional wellbeing platform which is available to young people aged 11-18 years across the Bradford District

Kooth allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their mental health and wellbeing.

In July 2020, Kooth are offering schools a staff update re Covid. We also offer virtual sessions to young people informing them of the counselling support, peer support and activities recently launched on Kooth to help identify and manage emotions.

To find out more please contact: **Heather Hook** hhook@xenzone.com or **Hayley Snee** hsnee@xenzone.com

To find out more visit kooth.com where young people can register and others can find out more about the service.

To register please contact Hayley Snee
Email: hsnee@xenzone.com

