



## 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.

For all primary schools we are offering a free virtual staff training session. A year 6 session, to embed the **Kooth** message, with a focus on managing emotions and transitions to secondary school. We also provide free Kooth cards and posters and digital resources.

To find out more please email:

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

