**Kooth Online Counselling Service for 11 – 25 years (up to 26th birthday) in Hampshire, Southampton and Isle of Wight.**

We are delighted to inform you that **NHS Hampshire, Southampton and Isle of Wight** has commissioned the online counselling service **Kooth**, a service delivered by Kooth Plc.

**Kooth is an integral component of our local mental health provision** offeringdigital counselling and emotional well-being service for young people from **24th May 2021.**

**Kooth** is a free online counselling and emotional well-being support service providing young people aged 11-25 years (up to 26th birthday) in Hampshire with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors. By accessing Kooth young people can benefit from:

·         **A free, confidential, anonymous and safe** way to receive support online.

·         **Out of hours’ availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.

·         **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.

·         **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.

·         **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.

·         **No referral** is required.  Young people can register for kooth independently at [www.kooth.com](http://www.kooth.com)

To use the service or find out more visit [www.Kooth.com](http://www.Kooth.com)

You can also view a short video about the service by following this link: [Kooth Video](https://vimeo.com/318731977/a9f32c87de%22%20%5Ct%20%22_blank)