



To Parents and Carers,

We are really excited to announce that Kooth plc now provides support for both children and young people AND their parents/carers across Liverpool. Kooth is now available for children and young people aged 10-25 and Qwell is available for anyone aged 26+.

Kooth is a mental health and wellbeing platform that offers online counselling support. Not only does Kooth offer access to counselling, it features self help tools including online journaling, goal setting and mindfulness techniques. We also have a community space on our Kooth magazine and discussion boards where young people can give and receive advice and support from others their age.

Kooth and Qwell have been commissioned in Liverpool to provide a **safe** and **anonymous** mental health and wellbeing service. There are no costs, no waiting lists, no referrals and no criteria required to access the service, which is accredited by the *British Association for Counselling and Psychotherapy (BACP)* and delivered by *Kooth plc*, the UK's largest digital mental health provider.

The service encourages peer to peer support via moderated discussion forums and self-help through engaging with our online magazine and activities. Our services also give adults and young people the opportunity to access online text-based counselling and support from qualified counsellors and emotional wellbeing practitioners who are available from **12 noon to 10pm on a weekday** and from **6pm to 10pm on a Saturday and Sunday**.

You can access Kooth via [Kooth.com](https://www.kooth.com) and you can access Qwell via [Qwell.io](https://www.qwell.io).

If you have any questions, please feel free to get in touch at [parents@kooth.com](mailto:parents@kooth.com) or take a look at our overview video on [Kooth.com](https://www.kooth.com).

Kind regards

Holly Cook (*Kooth Engagement Lead - North West*)

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