



We are pleased to announce that Kooth, an online mental health service for young people, is now available to 10 year olds within Surrey. Young people aged 10-18 (up to 19th birthday) can now log on to the Kooth website and begin accessing free counselling, advice and wellbeing support.

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth 10 year olds within Surrey can now also benefit from:

- A **free, confidential 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
- **No threshold** exists to receive support via Kooth. Young people can speak directly with a counsellor about anything.

Amidst the current COVID-19 crisis Kooth has seen pronounced changes with the issues with which young people are presenting. Problems with sleep and young people experiencing sadness/depression have increased by over 100%. As year 6 students are set to return to school this academic year Kooth is now available to support this cohort of young people manage the potential anxiety this may cause along with the upcoming transition to secondary.

Ongoing insights are available on a fortnightly basis via this link:

<https://about.kooth.com/covid19-data/>