

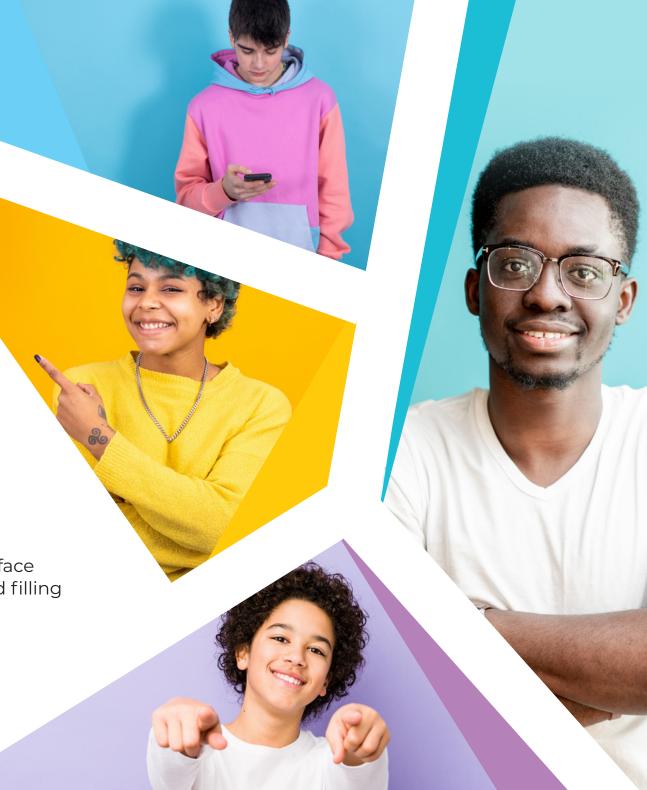
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Face-to-face and online counselling

A blended service providing free online, school and community based counselling, support and advice to young people

Professionals can refer young people for face-to-face counselling by going to **www.koothf2f.com** and filling in a referral form.

Young people can visit **kooth.com** and sign up online to access our online team.



Accessible – we can see you in school or in the community at times that are best for you

Effective – just like the online service there are lots of different ways we can help – from setting goals and working through issues in a structured way and by being there every week

Confidential – our counsellors are skilled and professional and will keep what you tell them private unless they have concerns about your safety – they would always talk to you about this first. All counsellors are supervised and managed to make sure they are doing a good job

Joined-up - Our counsellors both online and face-toface work as part of a team and we can work with other services to get you the help you need

How does it work? – counselling offers an hourly slot usually on a weekly basis where you can talk about the things that are worrying you or making you upset. The counsellor will use a variety of skills to help you understand yourself better and find new ways of thinking about things and sorting issues out. We offer 6-8 sessions*



*Occasionally young people need further sessions and this can be discussed with the young person.