

kooth

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-to-face 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*



XenZone
FUTURE THINKING FOR MENTAL HEALTH



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