



Kooth plc

020 3984 9337

koothplc.com

## Re: Kooth & Qwell Mental Health Support

Dear Parents/Carers,

We are writing to inform you of a free service available for young people aged **10 - 25** called **Kooth.com**. We also have a new free service for adults aged 26+ called **Qwell.io**. These services have been commissioned by the **Greater Manchester Health & Social Care Partnership** making it free at the point of access for your child or for yourself to receive help and support.

**Kooth.com** is a mental health and wellbeing platform that offers online counselling support. **Qwell.io** operates on the same model of care, the only difference being Kooth is a young person targeted platform while Qwell is an adult targeted platform. Kooth has been commissioned in Greater Manchester to provide **safe** and **anonymous** mental health and wellbeing services. 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 Digital Health*, the UK's largest digital mental health provider. The Kooth site is tailored to the age of the user, ensuring young people can only see posts and comments relevant to them.

Young people and adults alike can access a wide range of **self-help resources, peer to peer support** and our **online counselling services**. The counselling service on Kooth and Qwell is open 365 days a year, from 12pm until 10pm on Weekdays and 6pm until 10pm on Weekends. The self-help resources and peer to peer support are available 24/7 via the sites.

We feel it is important that you know about Kooth.com and Qwell.io to understand what they can offer. **With the summer break approaching, young people can still receive wellbeing support from Kooth outside of school term time.**

Therefore, we will be hosting a **Discover Kooth & Qwell Parent/Carer Webinar via Eventbrite** on **Thursday 7th July 2022 at 6pm until 7pm** to allow you to learn more about these services and ask any questions you may have.

You can find this event by searching for **Discover Kooth & Qwell- For Parents/Carers in Northwest & Wales** on Eventbrite.co.uk.

For any further information, please visit the website [www.kooth.com](http://www.kooth.com) or contact [parents@kooth.com](mailto:parents@kooth.com) if you have any questions.