



Kooth is a digital, counselling and support platform which is available 24/7, 365 days a year. In Havering, Kooth is commissioned for young people ages 11-19. On Kooth, young people have access to free counselling, live forums and Kooth magazine.

We know that with lockdowns and Covid-19 closures, it has been an incredibly challenging time for young people, but Kooth.com is still running as normal to support children and young people with their mental health.



Live chat function for a CYP to converse with a qualified accredited counsellor



Messaging function for the CYP to contact the service, these are monitored and managed by counsellors, emotional wellbeing practitioners and media workers



Static and live topic-focused forums; forums encourage the development of a peer-supported community online



An online magazine containing a wealth of topic specific resources, from mental health specific topics to more general subjects such as holidays, family, and relationships. Over 50% of content is contributed by service users, all of which is moderated before being published



Crisis information, and self-help resources



A new activity-hub to support self-expression and developing healthy coping strategies

### Resources Available

- Training for teachers and staff on Kooth and its services
- Webinars for information about Kooth including a **live** site tour
- Virtual assemblies for young people ages 11-19 instructing them on the services Kooth offers and how to sign up.
- Virtual workshops focusing on mental health needs such as stress and anxiety and anger management
- Paper resources including posters and information cards
- Digital resources including posters, cards and videos can be accessed via Swivle.
- Swivle: <https://kooth.swivle.cloud/#/search//name-asc/?path=ancestorPaths:%22%5CPromotion%20Portal%22>

To access any of the resources above please contact your local Kooth I&P worker:

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