



Kooth Online Counselling & Mental Health Service for 10 – 18 year olds in Argyll and Bute.

We are delighted to inform you that **NHS Highland** has commissioned the online wellbeing service **Kooth**, a service delivered by Kooth Digital Health. **Kooth is an integral component of Argyll and Bute's mental health provision** offering a digital counselling and emotional well-being service for young people. 1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care.

We offer a free, safe and anonymous online Mental Wellbeing Community for young people 10-18 across Argyll and Bute. **Kooth** is available through smart phone, tablet or computer and features activities, self-help articles, discussion boards and a team of accredited counsellors and emotional wellbeing practitioners who provide guided and outcome-focused support for each individual.

Kooth has no referrals, thresholds or waiting lists. Young people can access this service anonymously by signing onto the **Kooth** site. **Kooth** provides unique out of office hours' provision and is open 7 days per week, 365 days a year. **Kooth** provides added value with moderated, scheduled forums and self-help articles to provide peer led and self-help support.

Kooth helps to reduce waiting times for young people seeking help, removes stigma around mental health and accessing services. **Kooth** integrates with face-to-face local services to ensure a seamless transition for young people.

Kooth will be working in the region to raise the profile of the service with professionals and young people. Please see below for more information.

Education staff can see an introduction and demonstration of the service by booking to attend the online session on **Wednesday 8th March at 4pm**. Please book using the following link: <https://www.eventbrite.co.uk/e/520550880697>

Healthcare staff can attend an introduction and demonstration of the service by booking to attend the online session on **Thursday 9th March at 11am** Please book using the following link: <https://www.eventbrite.co.uk/e/520563508467>

All professionals working with young people (or those who cannot make the date above) can also choose to book to attend the online session on **Friday 10th March at 11:30am** Please book using the following link: <https://www.eventbrite.co.uk/e/520566667917>

We will also be holding an online information session for parents and carers on **Tuesday 7th March at 6pm** which can be booked using the following link: <https://www.eventbrite.co.uk/e/520575002847>

Digital materials to promote the Kooth service can be found in our promotional portal [here](#). Our offer to organisations also includes physical resources such as posters and cards, providing training sessions for staff and Kooth introductory assemblies and workshops for schools. If you would like to arrange these please get in touch with our Kooth Engagement Lead Chevonne at cbell@kooth.com.