

Dear Parent/Carer

www.Kooth.com



With the Festive period approaching we are writing to inform you that Kooth.com, a free, safe and confidential way for young people to receive counselling, support and advice online, will still be accessible over the break from school. We know that there are times when life can feel like a struggle and some extra support can be needed. Recognising this, Kooth has been commissioned by NHS Derby & Derbyshire NHS Clinical Commissioning Group to provide support for young people aged 11- 25, who live within the Derby and Derbyshire area.

Kooth is accessible 24/7 365 days of the year and provides access to quality counselling from BACP or UKCP accredited counselling professionals via a text based format from 12noon to 10pm on weekdays, and 6pm-10pm on weekends, providing a much needed 'out of hours' service. Kooth is accessible from any device that can access the Internet, allowing young people to seek help and support at a time and location that is suitable for them.

In addition to the counselling, Kooth provides a fantastic, safe place for peer to peer support through forums where all contributions are moderated before being posted. Young people can also access the Magazine and Articles section where they can read approved content from individuals in similar situations to their own or even write their own articles.

Kooth is not a replacement for any in person support for a young person; rather it is an additional means of accessing further support.



www.Qwell.io

In addition to Kooth, Derby & Derbyshire NHS Clinical Commissioning Group has also commissioned Qwell to provide online access to BACP or UKCP accredited counsellors for Parents caring for a young person under the age of 18. Like children and young people, life tough and may also require some further support from time to time.



Qwell provides access to qualified counsellors via a text based format 365 days per year from 12noon to 10pm on weekdays, and 6pm-10pm on weekends and can be accessed from any device that can access the internet, allowing parents and carers to seek help and support at a time and location that is suitable for them. Qwell also provides access to online forums and a wide range of articles that can be accessed 24/7 365 days of the year.