

## What is Kooth?

A new online counselling and emotional well-being service for children and young people aged **11-19** living in Bedfordshire, Luton and Milton Keynes has been commissioned by the local NHS and Local Authorities. The service is called Kooth.

Kooth.com is a website children and young people can use to get advice, support and guidance for any problem, no matter how big or small. They can chat online to professional counsellors, read articles written by young people, join forums to receive peer-to-peer support, access self-help materials and keep a daily journal. Regular forums cover topics ranging from exam stress and anxiety to eating disorders and grief.

If a child or young person needs a bit of extra support, are worrying about their future or experiencing difficulties at school or at home they can connect to this new anonymous and free service which is available every day via their laptop, tablet or smartphone at [www.kooth.com](http://www.kooth.com)