



kooth.com

Kooth, from XenZone, is an online counselling and emotional well-being service for children and young people , available free at the point of access.

When commissioned in their area, children and young people logging in can access:



Online counsellors 365 days a year up to 10pm, through either drop-in sessions or scheduled text-based sessions



Self-help materials co-produced by other young people



Fully-moderated peer-to-peer support forums



Personal goal-based journal

Kooth is:

- Safe, confidential, anonymous
- Free at the point of need
- Available through a smart phone, tablet or computer

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

XenZone’s team of accredited counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

XenZone works with local authorities, CCGs, mental health trusts, charities and other organisations to provide early intervention support with clear escalation and de-escalation pathways.

We take safeguarding and clinical governance extremely seriously. The safety and well-being of our users is of our utmost priority. **Kooth is available for young people aged 11-25 (until their 20th birthday) in Rochdale**

“
 Kooth is now one of my new favourite websites. It has great help and support information. Kooth has already helped me with most of my problems. Before I had an account on Kooth I didnt know who and where to go to for help with
 ”
 my problems.
Kooth user

85%
 prefer online counselling compared to face-to-face

97%
 are planning on returning to Kooth soon

97%
 would recommend Kooth to a friend

70%
 login outside office hours

Dez Wilson

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