



## Kooth Online Emotional Wellbeing & Mental Health Service for 10 – 18 years

**Kooth** is working with **Aberdeenshire Council** to launch our **Kooth** online emotional wellbeing & mental health service for young people in the area from 21st June 2021.

**Kooth** is a free online counselling and emotional well-being support service providing young people aged 10-18 years in many areas across the UK with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors, as well as providing access to many self-help tools and content.

**Kooth** is a well-established, award winning online counselling service and is accredited by The British Association of Psychotherapy and Counselling (BACP). 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 with 1:1 support being available from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays. **Kooth** provides added value with moderated, scheduled forums and self-help articles (many written by service users) to provide peer led and self-help support 24/7.

To find out more about Kooth you can watch a video [Kooth Video](#)  
Please do not hesitate to contact Kooth in Aberdeenshire with any queries via [ksmith@kooth.com](mailto:ksmith@kooth.com) [aberdeenshire@kooth.com](mailto:aberdeenshire@kooth.com)

