



Online support for young people

Commissioned by TEWV, **Kooth.com** is a free, online counselling and emotional well-being platform which is available to young people aged 11– 18 years across York.

Kooth allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their mental health and wellbeing.

To find out more about Kooth please register to attend any of the following dates:

Friday 5th June 11am-12pm

Monday 8th June 1-2pm

Friday 12th June 12 –1 pm

To register please contact Emma Handford

Email: ehandford@xenzone.com



Vale of York

Clinical Commissioning Group

