

Find out about digital mental health support in Knowsley

Parents and carers in Knowsley can find out more about an innovative, digital mental health support service for children and adults by signing up for a free online event.

Knowsley Council has commissioned Kooth, one of the UK's largest providers of digital mental health support, to provide a safe and anonymous mental health and wellbeing service. Kooth is available for all children and young people aged 11-19 (up to 25 with SEND), and the provider also offers its Qwell service to all parents and carers aged 19+.

On **Wednesday 13th October at 6pm** Kooth is inviting all parents and carers to its '**Discover Kooth & Qwell**' event via Zoom to find out how the service can support families with their mental health.

This event will include:

- An introduction to the regional Kooth and Qwell managers and what the organisations are all about
- Top tips on talking to young people about mental health
- How each feature of the Kooth and Qwell websites work
- How young people and parents/carers benefit from the service
- How the online service and peer forums work
- How young people and adults at risk are safeguarded
- Q&A's

To register for the FREE event please [click here](#)

Kooth and Qwell are free services - there are no waiting lists, no referrals and no need criteria required to access the services, which are accredited by the British Association for Counselling and Psychotherapy (BACP).

The service encourages peer to peer support via moderated discussion forums and self-help through engaging with its online magazine and activities. The services also give adults and young people the opportunity to access online text-based counselling and support from qualified counsellors and emotional wellbeing practitioners who are available from **12 noon to 10pm weekdays** and from **6pm to 10pm on Saturday and Sunday**.

For more information visit [Home - Kooth](#)