



Kooth plc
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koothplc.com

DISCOVER KOOOTH & QWELL

To Parents and Carers,

We are really excited to announce that Kooth Plc can now provide support for both children and young people AND their parents/carers across Knowsley. Kooth is available for all children and young people aged 11-19 (Up to 25 with SEND) and Qwell is available to all parents and carers aged 25+.

On **Wednesday 13th October at 6pm** we would like to invite all parents and carers along to our '**Discover Kooth & Qwell**' event via Zoom to find out how we can support both you and your child with your mental health.

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

This event will include:

- **Meet North West Kooth and Qwell Manager**
- **Listening to our Kooth Engagement Leads tell you about Kooth and Qwell**
- **Top Tips on talking to young people about mental health**
- **How each feature of the Kooth and Qwell website works**
- **How young people and parents/carers benefit from the service**
- **How our online service and peer forums work**
- **How we safeguard at risk young people and adults**
- **Q&A's**

Kooth and Qwell have been commissioned in Knowsley to provide a **safe** and **anonymous** mental health and wellbeing service. There are **no cost, no waiting lists, no referrals and no need criteria** required to access the service, which is accredited by the [British Association for Counselling and Psychotherapy \(BACP\)](#) and delivered by [Kooth plc](#), the UK's largest digital mental health provider.

The service encourages peer to peer support via moderated discussion forums and self-help through engaging with our online magazine and activities. Our 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 on a weekday** and from **6pm to 10pm on a Saturday and Sunday**.

Here at Kooth Plc, we are passionate about your wellbeing. We hope to see you on the 13th October. If you have any questions in the meantime, please contact slord@kooth.com

Kind Regards

[Stephanie Lord](#) & [Georgina Stokes](#)

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