

April 2020

To whom it may concern,

I am writing to introduce the launch of **kooth.com** - a digital counselling support service that Hull, North Lincolnshire and East Riding of Yorkshire CCG have commissioned. The service is now live and has been from the 1<sup>st</sup> April 2020.

Kooth.com is an award winning and innovative **online counselling and support service** which is now available to all young people aged **11-25 years** across East Riding of Yorkshire, North Lincolnshire and Hull. It is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support.

Fully trained and qualified counsellors and emotional wellbeing practitioners are available until **10pm each night, 365 days per year**, providing a much needed out-of-hours service for emotional support in an accessible way.

For teachers and professionals who have day to day contact with young people, it is important that they know about **KOOTH.com** and understand what it can offer in order to refer or signpost young people. Awareness sessions are currently available for your staff so they can discuss the service with children and young people via video calls if you feel this would be appropriate.

XenZone's Integration and Participation Workers are available to present to year groups at a later date in the future when schools are open again. For any young people accessing school at the moment due to a parent being a key worker we can arrange video calls with the school to talk through the service.

If would like further information please contact Lisa Locke, Area Manager at [humber.coastandvale@xenzone.com](mailto:humber.coastandvale@xenzone.com) or [llocke@xenzone.com](mailto:llocke@xenzone.com)

Yours sincerely

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