

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 1st 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 your teams who have day to day contact with young people, it can be important that they know about **KOOTH.com** and understand what it can offer in order to refer or signpost young people. An introduction to Kooth sessions are currently available for your team so they can discuss the service with children and young people via video calls if you feel this would be appropriate.

If you would like further information please contact Lisa Locke, Area Manager at humber.coastandvale@xenzone.com or llocke@xenzone.com

Yours sincerely

L. Locke

Lisa Locke
Kooth
XenZone Area Manager

