



To Parents and Carers,

Kooth plc now provides support for children, young people AND their parents/carers across Bolton. [Kooth.com](https://www.kooth.com) is now available for children and young people aged 11-25 and [Qwell.io](https://www.qwell.io) is available for anyone aged 26+.

Kooth and Qwell have been commissioned in Bolton to provide a **safe** and **anonymous** mental health and wellbeing service. There are no costs, no waiting lists, no referrals and no 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.

Our services 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**.

Not only do they offer access to counselling, they feature self help tools including online journaling, goal setting and mindfulness techniques. We also have a community space on our magazines and discussion boards where young people and adults can give and receive advice and support from others their age.

Both services are available via any internet browser on most devices including phone, tablet, laptop or computer.

If you have any questions, please feel free to get in touch at parents@kooth.com or take a look at our overview video on [Kooth.com](https://www.kooth.com).

Kind regards

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