



Northumberland Clinical Commissioning Group



June 2020

To Whom it may concern,

I am writing to introduce the launch of **kooth.com** - a digital counselling support service that NHS Northumberland Clinical Commissioning Group (CCG) has commissioned. The service is now live and has been from the 22 June 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 Northumberland. 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 and staff 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 would like further information please contact the Kooth team, Lisa Locke Area Manager at llocke@xenzone.com Or Malcolm Connelly, Integration and Participation worker at mconnelly@xenzone.com

Yours sincerely

L. Locke

Area Manager
Kooth, XenZone