



Online support for young people

Commissioned by your local Clinical Commissioning Group, **Kooth.com** is a free, online counselling and emotional wellbeing platform which is available to young people aged 11-18 years across North Yorkshire

Kooth allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their mental health and wellbeing.

To find out more about Kooth please register to attend any of the following dates:

23rd June 2-3pm

25th June 11-12pm

29th June 12-1pm

To register please contact Emma Handford

Email: ehandford@xenzone.com

