



To Parents and Carers,

We are really excited to announce that Kooth plc now provides support for both children, young people AND adults across Wirral. Kooth is now available for children and young people aged 11-25 and Qwell is available for anyone aged 26+.

Kooth and Qwell have been commissioned in Wirral 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.

The service encourages peer to peer support via moderated discussion forums and self-help through engaging with our online magazine and activities. Our services also provide 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**.

You can access Kooth via [**Kooth.com**](https://www.kooth.com) and you can access Qwell via [**Qwell.io**](https://www.qwell.io).

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.

Kind regards

Holly Cook

(Qwell Engagement Lead - North West)

Manchester

Citibase, 2nd Floor

The Junction, Merchants Quay

Salford M50 3SG

London

The Epworth

25 City Road

London EC1Y 1AA