

How can I get support?

- Go to www.kooth.com, sign up online and access self-help tools, moderated live chat and our online team of counsellors.
- If you would like face-2-face counselling, mentoring and participation groups you can complete an enquiry form yourself online by going to www.kooth.com or www.youngdevon.org and registering.
- You can call us on 08082 810 155 or pop into one of the Young Devon YES Centres or hubs.
- Someone else can contact us on your behalf if that would help.
- We can see you in school or in the community.

Call Young Devon on
08082 810 155
www.youngdevon.org
www.meaningfulminds.co.uk



Notes:



Kooth is operated by Xenzone Limited www.xenzone.com

Young Devon is registered in England as a company limited by guarantee and a charity.
Charity No: 1057949 Company No: 3240655.
Registered Address: Central Office, 10 Erme Road, Ivybridge, PL21 0AB

EH4MH

EARLY HELP 4 MENTAL HEALTH



What's the right support for YOUR Mental Health?

- Free online support and counselling
- Face-2-Face counselling
- Support groups and chances to get involved

Young Devon

KOOTH.com
FREE ONLINE SUPPORT FOR YOUNG PEOPLE

Who is it for?

Anyone aged 11 - 19
living in Devon who...

- Is worried about their mental health and how they are feeling.
- Is worried about how someone else is feeling.
- Is struggling and wants someone to talk to either in person or online.
- Would like to safely talk to other people their age online.
- Wants some hints and tips to look after their mental health.
- Wants to make things better for other young people, and their mental health.
- Wants to know more about specific issues which affect them, such as anxiety, self-harm, bullying or body image...

What do we do?

Self help tools online

www.kooth.com or www.meaningfulminds.com

- Moderated forums and chat rooms.
- Magazine, activities, journals.

"I thought that being able to talk to someone and for them to simplify and help me through my thoughts was good."

Counselling

Usually six to eight sessions where you can talk through things that are worrying you or upsetting you. The counsellor will help you understand yourself better and find new ways of thinking about things and sorting issues out.

This can be...

Online

Anonymous and confidential.

"It allowed me to gain an awareness that might not have happened otherwise"

Face-2-Face

Professional and personal.

"They listened to me and didn't judge me about my problems"

Mentors

Someone to work alongside you to plan different coping strategies.

"They ALWAYS listens to me! And more of my problems are starting to disappear"

Participation and support groups

Join other young people to understand the issues which affect them and find ways to make a change.

"It was a good way of helping me get a different perspective and wasn't all doom and gloom like other counselling"

The support is...

FREE and accessible

Support is available on the Kooth website with information and chat rooms open 24hrs a day. Counsellors are available online 365 days per year to talk to; you can chat to them between midday and 10pm on weekdays and 6pm to 10pm on weekends. Counselling, advice and support can also be accessed in schools or in the community in friendly buildings if you want to talk to someone face-2-face.

Confidential

Our counsellors are skilled and professional and will keep what you tell them private unless they have concerns about your safety. They will always talk to you about this first. All counsellors are supervised and managed to make sure they are working safely and professionally.

Effective

There are lots of different ways we can help; setting goals, advising on other helpful support, working through issues in a structured way and by being there every week.



You can get support by

Visiting www.kooth.com and log in to see what support is available for you.

Visiting www.youngdevon.org and complete an enquiry form and we will get back to you.

Free young person's phone number to one of our offices and they can take your enquiry.

Call 08082 810 155