

Come And Explore Kooth With Us

Kooth supports any young people in Cumbria aged 11-18. The following virtual session will provide parents and carers with:

- *An overview of Kooth and how we support young people's mental health and wellbeing*
- *Tips on how to support your child's wellbeing*
- *A live demonstration of our service*
- *A Q&A to ask us anything you want to know about Kooth*

To attend please register on the following link.

[Tuesday 2nd February @ 12-1pm](#)



kooth

Free online counselling support for young people!
Discover everything Kooth has to offer

FREE COUNSELLING

DISCUSSION BOARDS

JOURNAL

SELF-HELP TOOLS

KOOTH MAGAZINE

HELP ARTICLES

Sign up for free at **Kooth.com**

The graphic features a stylized illustration of a person in a blue coat holding a tablet, surrounded by speech bubbles. Below this, there are several overlapping elements: a pink banner with 'FREE COUNSELLING', a blue banner with 'DISCUSSION BOARDS', a pink banner with 'JOURNAL' next to a notebook and a cup, a blue banner with 'SELF-HELP TOOLS' next to a person's silhouette, a blue banner with 'KOOTH MAGAZINE' next to an open magazine, and a blue banner with 'HELP ARTICLES' next to a person sitting at a desk. The background is a mix of yellow and blue.