

# Want someone to understand or advice to help a friend?

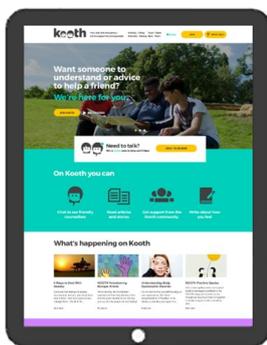
We're here for you.

**Kooth.com** is a free, online counselling and emotional wellbeing platform for young people in **Kirklees** aged 11 to 19 (you can use Kooth until you turn 20 yrs old).

The Kooth website allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their wellbeing. From friendship or relationship issues, family disagreements or difficult home lives, to concerns around eating, anxiety, stress, depression, self harm, suicidal thoughts etc.

Our qualified counsellors are here to give young people the support they need, when they need it. Kooth.com's live chat service is available from Monday to Friday 12 noon - 10pm, Saturdays and Sundays 6pm - 10pm and is accessible through mo-

"Thank you so much for supporting me and messaging me. It really does mean a lot because you are the first person really who has actually made me feel like someone cares and someone will always be there. Thanks"



As well as being able to talk to our counsellors, at **Kooth.com** you can also connect with other young people in monitored forums or get self-help through our online magazine. The large variety of forum categories allows young people to anonymously share their issues and receive positive messages of advice and support from young people across the country. As our forum posts are all checked before they go live on the site we can guarantee every young person a safe and helpful experience.

For more information go

"You have helped me so much. Thank you. I can never thank you enough. I am happier than I have been in months maybe years."

"You have turned my life around, you have no idea of the difference you make"

"It was so easy to talk about things. I feel like I can completely be myself and be true without being judged."

