



Your online mental wellbeing community

Free, safe and anonymous support

Through Kooth, young people in Cornwall have access to a free counselling service. The service will offer face-to-face counselling through young people's centres and some schools across Cornwall. It also includes a free online counselling and support service provided via Kooth.com's website staffed by a team of qualified counsellors.

Kooth can help with many types of concerns including:

- relationship problems
- family issues
- school worries
- feeling low or depressed
- drink and drug problems
- sexuality
- eating disorders
- self-harm
- bullying
- low confidence

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<https://www.kooth.com/>