

MY WAY



SUPPORTING YOUR EMOTIONAL WELLBEING

You're not alone. Our free Wellbeing Service has over 20 years of experience supporting young people in Devon. Whether you need someone to listen, give advice or explore your options, we're here for you.

CHOOSE WHAT WORKS BEST FOR YOU!

ADVICE:

Have a friendly chat with a Youth Worker for advice and guidance.

HELP:

Book a Welcome Conversation with a Therapist. This can lead to ongoing therapy if needed.

THESE ARE FACE-TO-FACE SESSIONS that you can book at youngdevon.org/wellbeing or by scanning the QR code above. Prefer online support instead? Visit **Kooth.com** or check the back of this leaflet!

YOUNG
DEVON



kooth

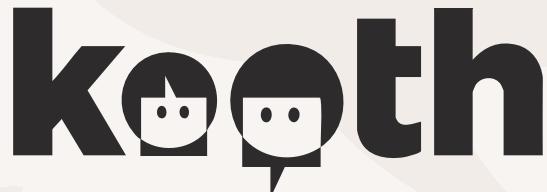
SPACE

ENCOMPASS

PLYMOUTH
CITY COUNCIL



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Sometimes it's hard to know what to do when something's bothering you. That's why Kooth is here. A place to get support, feel heard and find ways to feel better, whenever you need it.

WHEN YOU CAN CHAT WITH US?

The service is available 24/7; chats with professional mental health practitioners are open:

Weekdays:

Midday–10pm

Weekends:

6pm–10pm

WHAT CAN YOU DO ON KOOTH?

- Get confidential support with anything on your mind.
- Share your experience with others and get advice.
- Use your private online journal and set personal goals.
- Access helpful articles, podcasts and videos on topics like anxiety, relationships and self-care.



WHY CHOOSE KOOTH?

- Free to use.
- No doctor's referral needed.
- Accredited by **BACP** (British Association for Counselling and Psychotherapy).