

The information and resources today are on **Feelings and Experiences**.

[Understanding your feelings](#)

Information for when you're struggling with your feelings and want to understand why.

[Coping with self-harm](#)

Information on self-harm, with advice on how to help yourself and where to go for support

[Dealing with anger](#)

Information on anger, with advice on how to manage it and where to go for support.

[Confidence and self-esteem](#)

Information about confidence and self-esteem, with tips to help you feel better about yourself.

[Useful contacts](#)

If you need more support, there are a number of organisations you can contact.

Our School Counsellors, Emma and Katie, from No.5 Counselling Service, have shared some useful information about a useful resource, Kooth, that may be useful to you (see below).





Providing NHS services

Signposting to Free, Safe and Anonymous Mental Health Support in Your Area

**Information for Practice Managers, GPs and
healthcare professionals.**

**Kooth provides free, safe and anonymous online mental
health and wellbeing services for children and young people.**

**We provide a trusted service that is commissioned by
Berkshire West CCG.**

**As a healthcare professional, you can play an important and
active role in signposting young people to Kooth.**

There are a range of supportive features including:

**One-to-one counselling sessions
(BACP Accredited or Equivalent)**

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**Moderated community support via online
discussion boards and live forums**

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Helpful articles

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**Self-help tools including journals,
goal trackers and mini activities.**

Quick Q & A

Here are a few key questions and answers about the service which you may find useful:

Who can use Kooth?

Kooth is available to all young people aged 11-18 years in Berkshire West.

There is no referral process or waiting list. Kooth offers immediate and effective support to anyone who falls within the age range that is available in their area.

We can work with all levels of need, including those who do not meet the threshold for other services, are awaiting or undergoing specialist intervention and support, or are exiting other services.

When can children and young people talk to someone at

Kooth?

Kooth is available 7 days a week, 365 days of the year.

Kooth users can access the magazine, discussion boards and any other online content whenever they like, from wherever they are as long as they have access to an internet-enabled device.

Our friendly online team is available to chat during the following times:

From 12 noon until 10pm weekdays.

From 6pm until 10pm weekends.

Are Kooth's counsellors qualified?

All our counsellors are employed by Kooth and are fully qualified with the British Association for Counselling and Psychotherapy or equivalent.

How much does Kooth cost to use?

Kooth is completely free at the point of use.