




Mental health support at the touch of a button

Young people in Dorset have improved access to mental health services thanks to online resource [Kooth.com](https://www.kooth.com)

The focus of this year's [Children's Mental Health Week](#) is on children looking after their bodies as well as their minds. People often focus on physical wellbeing and being active, but to be healthy overall it is important children look after their minds and their mental wellbeing too.

 The online service - [Kooth](#) - gives young people between the ages of 11 and 18 (up to 19th birthday) unlimited access to professional online counsellors along with moderated forums, self-help materials and a mood journal, where they can record their thoughts and feelings.

Access to [Kooth](#) is free of the typical barriers to support. There are no waiting lists, thresholds or cost and it's completely anonymous.

Public Health Dorset's Head of Programmes Jo Wilson said:

"We know that around one in ten young people are experiencing mental health issues. It's important that those who need help, can get the support when and where they need it.

Young people have been telling us they want to be able to access advice on the go, so it's great we've now got '[Kooth](#)', that they can use from any device connected to the internet."

[Kooth](#) has been commissioned by [Dorset Clinical Commissioning Group \(CCG\)](#), [Dorset Healthcare](#), [Dorset County Council](#), [Bournemouth Borough Council](#) and the [Borough of Poole](#).