



MARDEN NEWS

The monthly newsletter from Marden Medical Practice March 2021

Kooth is the longest established digital mental health provider in the UK. They aim to change lives for the better through increasing access to great mental health care.



Kooth is a free, safe and anonymous online chat and emotional wellbeing service for young people aged 11 to 25. They have created a welcoming space for effective personalised digital mental health care. Available to all.



Young People need a safe and welcoming space to explore their mental health needs. For the past 15 years they have been the UK's leading provider to the NHS in effective online mental health support.

1 in 5 children and young people suffer from mental health illness in any given year. Kooth believe every young person has the right to thrive and to access high quality mental health care. Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, they provide end to end support whatever the need.



Kooth is here for you when you need someone to talk to. If you are going through a hard time and you are not sure who to speak to, login to Kooth. You will find friendly councillors who can help you talk through your problems and help you with anything that's on your mind. This could be about bullying, relationships, work life difficulties, money worries, problems at home, coping with stress, anxiety or grief from losing someone.



Useful Numbers

Health Visitors 452300

District Nurses 277709

RSH 261000

Family Planning 283382

Pharmacies

Rowland's On Site

369446

Asda 276810

Sainsbury's 244744

Taylor - Radbrook

249931

Williams Co-op

344277

Conway 352352

Lunt's - Hereford Rd

351918

Boots - Pride Hill

351311

Rhodes 343998

Boots - Copthorne

350747

Boots - Coleham

362496

Lloyds - Riverside

344523

Tesco

845449

Pharmacy Express

245715

What are the benefits of using Kooth?

FREE It's free, safe and confidential: you can access this service anonymously: you can book virtual chat sessions with qualified counsellors and therapists: there are no referrals or waiting lists to access this service - you immediately receive support: you can write in a daily journal and track your goals to reflect your thoughts and feelings: read and browse through self-help articles for advice on any topic: get peer-to-peer support and share your experiences with other Kooth members via their live online forums.



When can I contact Kooth?

7 days a week, 365 days a year - Noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays - they also provide an out-of-hours service. (Please note there are reduced hours over holidays like Christmas, New Years and Bank holidays). To start using Kooth, go to: www.kooth.com - you will need to click 'join' to register for an account, before you can take a look around.



Welcoming

They build and deliver a product that preserves anonymity and removes the barrier of stigma and access. Accessibility is at the heart of our product design and clinical delivery.

Effective & personalised

They use outcomes to prove what they do works and use data to constantly provide a more tailored and personalised experience.

For all

They are building a service that puts diversity and inclusion at its heart - ensuring that barriers to great mental health services for all people regardless of race, age, gender, sexuality or socioeconomic situation are removed

Values have been built by Kooth communities and employees are at the heart of everything they do. Alongside warm, welcoming and companionship and they also offer choice because you are in control of what you need.



They don't judge. They listen, counsel and support.

No matter what support you need, They are there to here to help. They are a safe space for users and are serious about safeguarding.



Any questions or looking for more information? Just contact them. We love to help. 0203 984 9337 – contact@kooth.com

Contact Information

Telephone: 01743 241313

Email: marden.marden@nhs.net

Medical Emergencies out of hours number: 111