

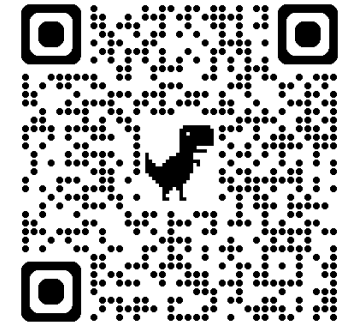
Mental Health and Wellbeing Service and Supports

Kooth is a free online counselling service for young people aged 10 to 18 years.

It provides secure access to:

- support with emotional health and wellbeing needs from qualified counsellors
- self-help tools
- self-help articles, many written by users of the service
- moderated, scheduled forums

You can access the service anonymously by a login via the QR code. It is available 7 days a week, 365 days a year. One to one support is available from noon to 10pm, weekdays and 6pm to 10pm, Saturday and Sundays.



Mental Health and Wellbeing Apps (accessed through your app store)

Prevent Suicide App	Sleepio App	Daylight App
The Prevent Suicide App provides information for those affected by suicide, contact details for services in Aberdeenshire and allows people to create their own safety plan.	Sleepio is an online sleep improvement programme, creating a personalised 6-week programme using cognitive behavioural techniques.	Daylight is a digital programme that helps people to understand where anxiety comes from, what makes it worse and how to reduce it.