

## Eggar's School supporting Mental Health and Wellbeing

[www.kooth.com](http://www.kooth.com)



### **Kooth Online Counselling Service for 11 – 25 years (up to 26<sup>th</sup> birthday) in Hampshire, Southampton and Isle of Wight**

**Kooth** is a free online counselling and emotional well-being support service providing young people aged 11-25 years (up to 26<sup>th</sup> birthday) in Hampshire, Southampton and Isle of Wight with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors. By accessing Kooth students can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **No referral** is required. Young people can register for Kooth independently at [www.kooth.com](http://www.kooth.com)

To use the service or find out more visit [www.Kooth.com](http://www.Kooth.com)

You can also view a short video about the service by following this link: [Kooth Video](#)

# **HAMPSHIRE YOUTH ACCESS**

<https://hampshireyouthaccess.org.uk/>



## **Counselling, advice and support for children and young people across Hampshire**

**Hampshire Youth Access (HYA) is a partnership of 11 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire.**

We also give advice and information to anyone concerned about a child or young person's emotional wellbeing.

By working together, we are able to share experience and best practice. This means that we are in a good position to help improve outcomes for children and young people.

Counselling and therapeutic support for **11-17 year-olds**. This involves face to face counselling sessions, delivered by our partner agencies at across Hampshire.

Groupwork supporting young people with emotional wellbeing issues. This includes short term, ongoing, and peer support groups on issues such as anxiety, anger/mood management and managing stress. Groups will meet at regular times in safe, confidential locations; this includes community spaces and schools.

Online counselling for 14-17 year olds. This includes live, scheduled, counselling appointments and email messaging.

Information and advice for children, young people, parents, professionals and other adults concerned about a young person's wellbeing.

**Breakout Youth – Hampshire and The Isle of  
Whites local LGBTQ+ Support Charity**  
<https://www.breakoutyouth.org.uk/>



We offer a confidential support service for young people aged 11 to 21, who identify as lesbian, gay, bisexual, transgender, questioning or are unsure of their sexuality or gender identity.

**Hampshire and the Isle of Wight's Local LGBTQ+ Support Charity**

Breakout Youth is an independent charity (no. 1180296) based in Hampshire and the Isle of Wight. We offer a confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity.

Young people who identify as LGBTQ+ or are unsure often feel isolated and alone with their sexuality or gender identity. At Breakout Youth, you will find a group of likeminded young people that you can socialise with safely. You'll also find help with those feelings of isolation or confusion. We run confidential youth groups based in Southampton, Romsey, Basingstoke, Andover, the New Forest and the Isle of Wight.

We offer a range of support services to young people and professionals on LGBTQ+ issues

<https://www.pawswellbeing.com/>



**A B O U T U S**

PAWS CIC provide Wellbeing and Mental Health support using Animal Assisted Interventions alongside other therapeutic and educational practices.

**Paws Therapy & Counselling**

Face to face counselling using Animal Assisted Interventions

**Paws & enjoy the outdoors**

A wellbeing programme that boosts confidence, communication skills and physical activity.

**PAWS for the Future**

An educational wellbeing programme that focuses on life skills and animal handling.

<https://nolimitshelp.org.uk/about-us/>



## **A great charity specialising in supporting mental Health and wellbeing for children.**

Here at No Limits, we support, advise and educate young people, helping them to gain the skills and knowledge needed to manage their lives, grow in confidence and build brighter futures. We aim to help children and young people aged under 26 to help themselves achieve positive outcomes through offering caring, supportive, confidential environments where young people can explore issues which are affecting their lives.

### **Our Mission**

Our mission is to empower children and young people to reach their full potential through information, advice, counselling and support.

- We are committed to providing a holistic and confidential service for young people that empowers them to reach their full potential.
- We understand that children and young people face challenges on multiple levels, including with mental and physical health, relationships, housing and money, accessing education and employment.
- We are passionate about ensuring that all children and young people know their worth, are supported and cared for in times of need, and empowered to know their rights and advocate for change.
- We embrace diversity and equality of opportunities to inspire all children and young people, staff and volunteers within No Limits
- Our Youth Information, Advice and Counselling Service (YIACS model) provides an open door for children and young people (up to age 25) to gain support, learn about their rights and access a range of resources.



## KAAlton

For young people:

- to have a safe and fun space to meet;
- to have opportunities to talk and discover meaning in life;
  - to feel positive about themselves;
  - to feel valued as individuals;
- to feel part of a community to which they contribute;
- to be supported to make wise, informed decisions;
  - to be supported to become good citizens.

We have been very busy in Alton; our groups now include After School clubs, SuperSONICs (weekly group for young people with autism and additional needs), Young Carers groups and mentoring sessions. We also ran a weekly Aspire programme.

Although things have changed since COVID-19, we are still supporting young people, just in a different way.

If you want to learn more about KA Alton, or can help support the development of services for young people or the building through finances or volunteering, please contact Lisa at [Lisa@thekingsarms.org.uk](mailto:Lisa@thekingsarms.org.uk)

<https://www.thekingsarms.org.uk/ka-alton>