**Counselling for young people – V2**

Kooth - online confidential counseling service for 11-18 year olds, immediate access to a counsellor (https://kooth.com/)

YMCA-free counseling service for 10-18 year olds ([www.ymca.org.uk/location/ymca-worcestershire](http://www.ymca.org.uk/location/ymca-worcestershire))

Parenting and family support service ([www.worcestershire.gov.uk/childrenscentres](http://www.worcestershire.gov.uk/childrenscentres))

Also further help for parents and carers can be found at the starting well partnership, you can self-refer via:

<https://www.startingwellworcs.nhs.uk> or ring 01905 767107

Reach4 wellbeing – anxiety counseling <https://camhs.hacw.nhs.uk/reach4wellbeing>

Childline: Tel: 0800 1111, can get counseling over the phone

Samartians: Tel: 116 123, 24/7 volunteer service

Moodgym: <https://moodgym.com.au> Online cognitive behavioural therapy

Moodjuice: <https://www.moodjuice.scot.nhs.uk/>

Youngminds: <https://youngminds.org.uk/>

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Worcestershire wellbeing hub for over age 16: 01905 766124

<https://www.hacw.nhs.uk/our-services/healthy-mindsold/wellbeinghub/>

Worcester Healthy Minds for over age 16: 0300 302 1313

[www.nowweretalking.nhs.uk](http://www.nowweretalking.nhs.uk) (individual therapy and courses on CBT)

BESTIE app, search for ‘Worcestershire BESTIE’ in the app store, an interactive program that can be personalized to users, can help with issues such as low mood and anxiety and other mental and emotional health issues