

## Kooth - a free, safe & confidential service for 11-19 year olds in Powys.

We can offer counselling sessions to support you with any emotional difficulties you are experiencing.

Choose the type of counselling which works best for you:

Face to Face

Video

Email or Text

How to make a referral

You can scan the QR code opposite or visit the website below to make your own referral:

Phone

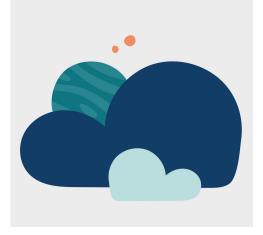
## http://facetoface.kooth.com/powys.html

A counsellor will then contact you to arrange an initial meeting to discuss having

some counselling sessions.

www.kooth.com





counselling