



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

counselling

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

Phone

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:

<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

