

## ADVICE

In Person - Soon



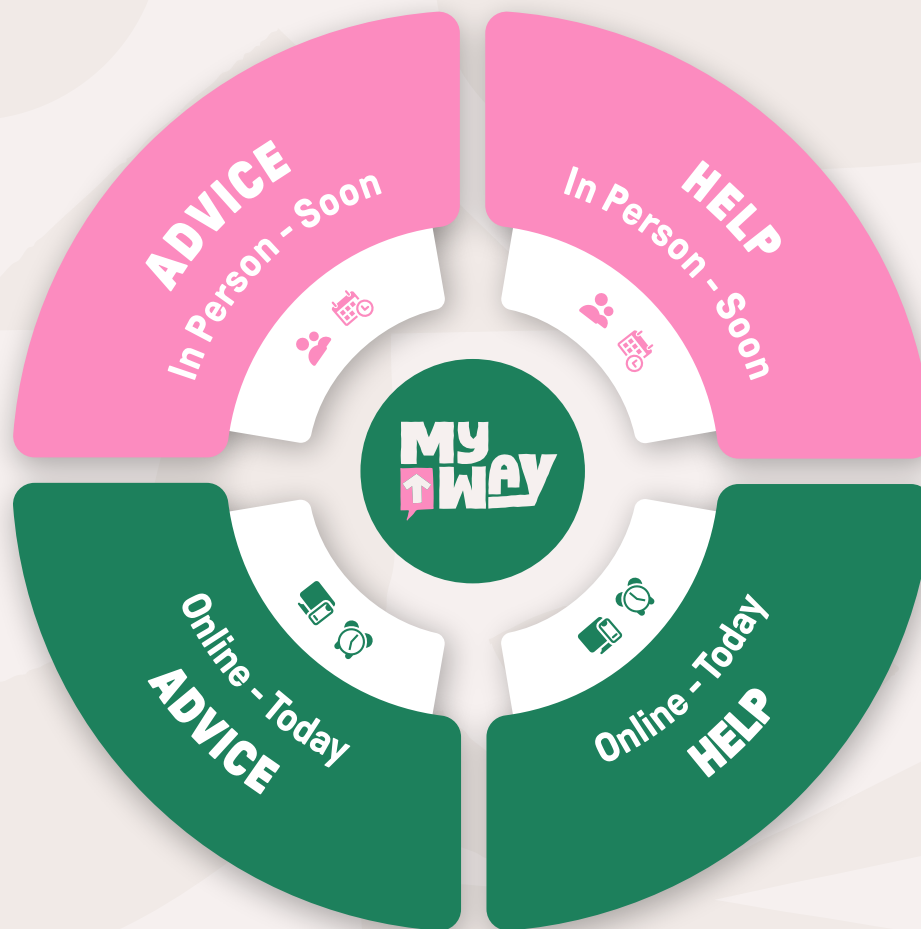
- Attend youth work activities.
- Drop into a YES Centre.
- Book a welcome conversation.
- MyWay.Support

## ADVICE

Online - Today



- Online tools, resources and peer forums. Can be accessed directly or alongside others.
- Available 24/7. Leads to online help.
- Kooth.com



## HELP

In Person - Soon



- Book to talk to a therapist.\*
- Wellbeing groups: accessible after a welcome conversation.
- MyWay.Support

## HELP

Online - Today



- Fast, flexible digital therapy.
- Can loop back to online advice for continued support.
- Kooth.com

### \* BOOK TO TALK TO THERAPIST

Evidence-based counselling and CBT to support mental health. Accessed after a welcome conversation booked with a trained therapist.

### WHAT FEELS LIKE THE BEST OPTION FOR ME RIGHT NOW?

BY TIMING:

Soon

Today

BY FORMAT:

Online

In Person

### HOW CAN I GET ACCESS, AND WHERE?

Want in-person support? Visit MyWay.Support

Prefer online? Try kooth.com

You can access both directly.



YOUNG DEVON



kooth

ENCOMPASS

Akumen

SPACE

PLYMOUTH CITY COUNCIL