



## Mental Health Support for 11-25

Dear all,

Middlesex Football Association would like to highlight to your club the free mental health support that Kooth provides to young people aged 11-25.

75% of mental illnesses start before a person's 18th birthday. With most long-term mental health problems beginning in adolescence, there's a growing need for support for young people.

Kooth provides free, safe, and anonymous online mental health support through online counselling available every day until 10pm, a supportive and inclusive Kooth community with peer-led support, and self-help tools with Kooth's Wellbeing Activities, Journal, and GOALS Setting Tool.

As a mental health service Kooth has no waiting lists, criteria, or limit to support. As a self-referral service, young people can access our immediate support by visiting [www.kooth.com](http://www.kooth.com).

Kooth can also provide free workshops on a range of mental health topics such as anxiety and stress, wellbeing and resilience, managing emotions, and young men's mental health. Along with an abundance of resources for your club to use to raise awareness on mental health, with free wallet cards and posters, leaflets, videos, and much more.

Kooth is the UK's largest provider of digital mental health, commissioned by the NHS and Local Authorities, and is a British Association of Counselling Psychotherapy accredited service.

To register your Club's interest in receiving this free mental health support that your players can access, please complete this short form - [Kooth Interest Form](#).

Following your registration the local Kooth Engagement Lead will contact you to provide your club with all the free mental health support as your personal contact.

Kindest regards,  
Michael Stones



Kooth is here  
to support you  
through anything.

**Big** or  
small.

