



Let's Get Healthy Dudley is a service in Dudley that provides an integrated, community centred lifestyle service. It is available to individuals who live, work or are registered with a GP in the Dudley Borough. It aims to promote and protect both the physical and mental wellbeing of the population.

The programme integrates key lifestyle services making one single point of access, allowing easier access for individuals who want to make lifestyle changes:

- Smoking Cessation,
- Weight Management,
- NHS Health Checks,
- Healthy Eating,
- Alcohol Advice.

This service will also include referrals to other services where the client needs alternative or more specialised support. <https://lets-get.com>

Kooth.com - Free on-line counselling, advice and support for children and young people



Kooth is an online counselling and emotional well-being support service for children and young people available free at the point of access. As an early intervention solution, Kooth helps to reduce waiting times for young people seeking help while removing the stigma associated with accessing mental health support.

All service users are anonymous allowing them to be uninhibited with whatever issues they may face.

There are moderated messages, live forums and an online magazine also available. Everything is checked before any messages/articles go on site.

For 1:1 counselling sessions online, counsellors are available to talk 12-10pm week days and 6-10pm weekends, 365 days a year.

There are no referrals, the young person simply logs on and signs up to the service. Internet access is required. There is no criteria, young people can get support no matter how small or big the issue may be. There are no waiting times and the service is available for ALL children and young people in Dudley aged 11– 25yrs (and then 11-18 yrs from April 2019).

Go to www.Kooth.com to register.

If you require any further information please contact Jas Hothi (Integration & Participation Worker) on 07949 819503, Email: jhothi@xenzone.com