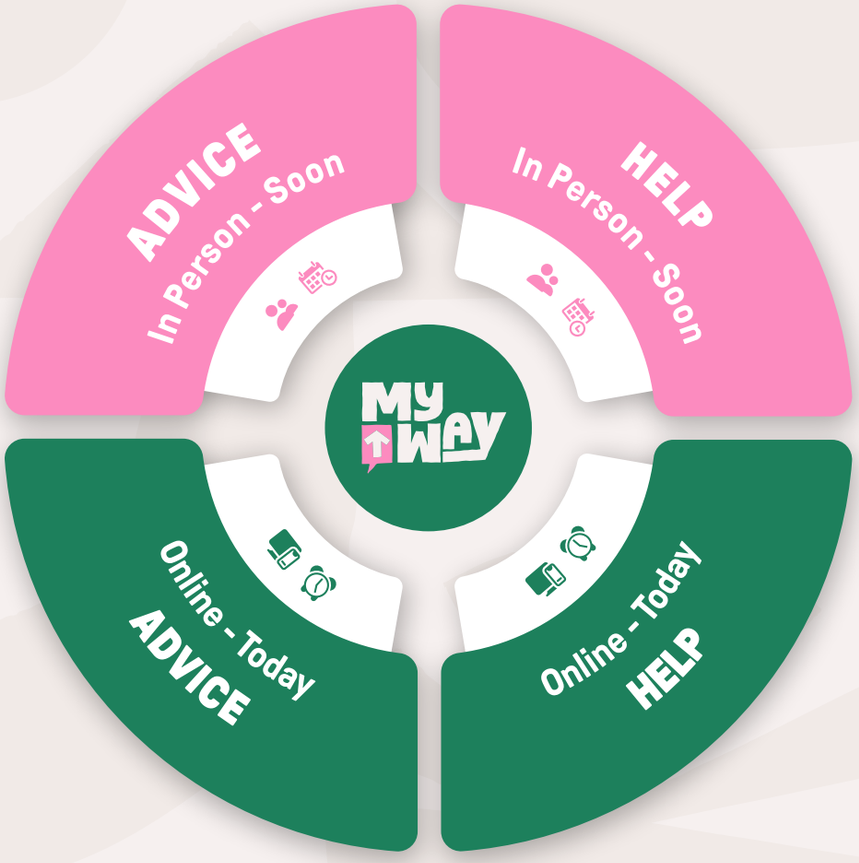
ADVICE
In Person - Soon

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

HELP
In Person - Soon

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



ADVICE
Online - Today

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

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.

MY WAY

YOUNG DEVON
kooth
ENCOMPASS
Akumen
SPACE
PLYMOUTH CITY COUNCIL