

4 August 2022

Dear Colleagues,

We are thrilled to announce that NHS Devon, Devon County Council, Plymouth City Council, and Torbay Council have worked in partnership to commission [Qwell](#) (delivered by [Kooth](#)), to provide all adults aged 18+, living in Devon, Plymouth and Torbay with access to free Online digital mental health and wellbeing support.

Qwell (www.qwell.io) is a free, safe and an anonymous mental health and wellbeing online service. No referrals are required and there are no thresholds required to access the service.

The team at Kooth plc have arranged a number of [webinars](#) to introduce and officially launch Qwell to our key stakeholders across Devon, Plymouth and Torbay. Individuals can register on any of the 4 dates below:

- **GPs and healthcare professionals - [Monday 12 September 11am-12pm](#)**
- **Local authority and social care providers - [Wednesday 14 September 11.30am-12.30pm](#)**
- **Voluntary sector organisations - [Thursday 15 September 11.30-12.30pm](#)**
- **Open session for professionals – [Wednesday 28 September 12.30-1.30pm](#)**

Register for one of the sessions [Discover Qwell Digital Mental Health In Devon](#)

This session will be a fantastic opportunity for you to find out more about what Qwell can offer, not only for your patients and service-users, but also for yourselves and colleagues.

The online service offers peer-to-peer support via moderated discussion forums and self-help through reading or submitting content. Qwell also gives people the opportunity to access online counselling from qualified counsellors who are available from midday to 10pm every week day and from 6pm to 10pm at weekends. People can drop in for one-to-one instant text-based chats or book a session in advance.

This offer is an extension of the existing Kooth (www.kooth.com) which is available for children and young people aged 11-19. The addition of Qwell ensures that every adult 18+ living in Devon has access to a choice of support to managing their own emotional health and wellbeing.

We appreciate your support in helping us raise awareness about Qwell so that people across Devon, Plymouth and Torbay know there is another place that they can go to get support with their emotional health and wellbeing.

Should the scheduled date not be suitable, the team can discuss the service further with you and can attend network/team meetings to give you more information about what is available. To discuss further, contact Karen Boughey - kboughey@kooth.com

We would appreciate your support in helping us raise awareness about Qwell. Promotional materials are available on request.

One Devon Partnership