

# Digits Online Counselling Service

Digits Online Counselling Service will improve the reach and access to counselling, strengthening young people's emotional resilience and wellbeing through the delivery of high quality online counselling services in England



“Exploring the effect of the digital world on young people’s mental health was important to young people, as well as a main concern of the Youth Parliament and the Health Select Committee, who told us professionals do not always understand their digital world and that is something we really need to do something about”  
- Alistair Burt (Minister for Mental Health, March 2016)

“On average, young people spend 27 hours a week online – a full extra day – so they are as much a part of their digital world as they are the physical one”



1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - 3 children in every classroom



Half of these children will go on to experience poor mental health in adulthood

Accessing Digits provides an innovative way to increase the reach & accessibility of counselling, reducing waiting times, improving emotional wellbeing; providing hope for a better future!



Accessing Digits Online Counselling Service will help to prevent young people from developing debilitating lifelong mental health conditions, saving lives, time and money!

**Digits offers swift, safe and secure access to online counselling for children and young people, anytime, anywhere!**

