



November 2023

Dear Parents/Carers

### **Online Mental Health and Wellbeing Support for Young People**

Over the coming weeks your child may mention they have been made aware by school or a professional of a service called Kooth. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners for ages 10 - 18+ (up to 25 is care leaver/SEND).

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Kooth also has an online wellbeing team from 12 pm - 10 pm on weekdays and 6 pm- 10 pm on weekends offering 1:1 text- based online counselling via live chat or messaging.

Kooth is free to access via any internet- enabled device. Your child simply needs to visit [www.kooth.com](http://www.kooth.com) and click 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth will be working with all schools and professionals across 93% of the UK and growing to support students' mental health and wellbeing, both in and out of school. Alongside this, Kooth provides parent sessions, so keep in touch with the school or agencies to find out when the next ones are. I have pre-recorded two sessions for you to watch. The 5 minute overview can be found [Here](#) and a more in-depth 15 minute recording can be found [Here](#). I have also included a selection of parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#)

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email [parents@kooth.com](mailto:parents@kooth.com).

Kind Regards

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