



## **Online Mental Health and Wellbeing Support for young people**

Over the next few weeks your child may mention they have been made aware of a professional of a service called Kooth during an assembly. Kooth provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners for ages 11-18.

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 12pm- 10pm on weekdays and 6pm- 10pm 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.

To gain more insight into Kooth there are two pre-recorded 2 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, simply email [parents@kooth.com](mailto:parents@kooth.com).