

Online Mental Health and Wellbeing Support for young people

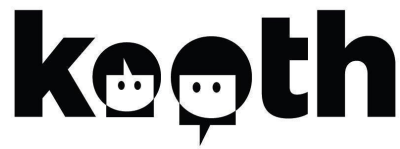
Dear Parents and Carers,

Over the coming weeks your child may mention they have been made aware of a service called Kooth. It provides early intervention mental health support to children and young people. Kooth works with schools and professionals across over 90% of the UK.

Kooth is **free** to access via any internet-connected tablet, computer or smartphone. There are no waiting lists or thresholds to meet and a referral from a medical professional is not needed. Your child can join Kooth anonymously simply by visiting www.kooth.com.

Kooth offers young people a range and choice of support options under one digital roof. It has services that are accessible 7 days a week, 365 days a year. This includes one to one text based sessions with experienced counsellors and wellbeing practitioners run from midday to 10pm on weekdays, and from 6 -10pm at the weekend. Appointments can be booked in advance or accessed via a drop-in text-based chat. Kooth also provides a fully safeguarded and pre-moderated community with a library of peer and professional created articles. And there are discussion forums too. All content is pre-moderated and age appropriate.

Kooth covers many topics on the website including relationships, LGBTQIIA+, exam stress, anxiety, eating difficulties, self harm, suicidal thoughts, body image, social media, bullying and family worries. All of these subjects affecting young peoples' mental health are presenting issues that Kooth and other mental health providers see from all age groups. Kooth is commissioned by the NHS and clinically approved for children from the age of 10, and is the only digital mental health provider to hold a BACP (British Association for Counselling and Psychotherapy) accreditation across the UK.



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If you would like to know more about Kooth you can watch a 5 minute overview [Here](#) or a more in-depth 15 minute recording [Here](#).

Follow this link for FAQs and further written information about Kooth: [Parents/Carers resources](#).

We have invited Kooth to come into the school to talk about the service with pupils during the week commencing 17th April 2023. Your child will be given the opportunity to sign up to Kooth during the workshop.

If you have any questions please let us know. If you would prefer to contact Kooth directly, please email parents@kooth.com.

In Cornwall, Kooth also offers a fully commissioned counselling service for parents and carers which is called Qwell. To access free, anonymous counselling through a message based form and mental health and wellbeing support in discussion boards as well as articles written by the Qwell clinical team, visit www.qwell.io to sign up anonymously, free of charge.

Kind Regards
Penryn College