



Kooth – 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 and will be visiting Year 6 at HVA on **Monday 9th June**.

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 **aged 10-18 years old** 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. 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 their website including relationships, LGBTQIA+, 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 one of the few UK digital mental health providers to hold a BACP (British Association for Counselling and Psychotherapy) accreditation.

To find out more about Kooth visit <https://connect.kooth.com/> or if you would prefer to contact Kooth directly, please email parents@kooth.com. Children do not need parents' consent to access Kooth.

You may also find this [Parent & Carer Online Information Session](#) informative.

Kind Regards

Laura Lovely
Mental Health & Wellbeing Lead