

3rd July 2020

Dear Parent/Guardian

Re: Kooth online counselling and wellbeing support (Years 7-13)

Amidst the current COVID-19 crisis and the tragic events of last week it is more important than ever for young people to have access to mental health and wellbeing support.

We are therefore launching Kooth, this is an online mental health service for young people aged 11-18. Young people can access Kooth.com now and begin accessing free counselling, advice and wellbeing support. I have enclosed instructions about how to sign up to this service.

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth young people in Berkshire can benefit from:

- A **free, confidential and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for kooth independently at www.kooth.com
- **No threshold** exists to receive support via Kooth. Young people can speak directly with a counsellor about anything.

Kooth is not a replacement for any face to face support for a young person; rather it is an additional means of accessing further support.

There are plenty of ways for you to find out more about Kooth and ask any questions you have. On the website there is an FAQ page, meet the team option and information about safeguarding and privacy. To find out more visit www.kooth.com.

A separate email will be sent to students containing information about this service.

You can also view a short video about Kooth at: <https://vimeo.com/318731977/a9f32c87de>

Yours sincerely



Mrs V Martin
Assistant Headteacher