

3rd February 2025



Dear Parents and Carers

Online Mental Health and Wellbeing Support for young people

All students will receive an online assembly during the week commencing 10th February where they will be made aware of a service called Kooth. Kooth works with schools and professionals across over 90% of the UK and provides early intervention mental health support to children and young people.

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, LGBTQIA+, exam stress, anxiety, eating difficulties, self-harm, suicidal thoughts, body image, social media, bullying and family worries. All 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.

We are part of...



Follow this link for FAQs and further written information about Kooth:

[Parents & Families FAQs - Explore Kooth](#)

If you have any questions please feel free to contact me. If you would prefer to contact Kooth directly,

please email parents@kooth.com

Yours sincerely



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WENSUMTRUST



FOR CHILDREN, FAMILIES AND COMMUNITIES