



Dear Parents/carers,

Over the coming weeks your child may mention they have been made aware by school or a professional of a service called Kooth. It is free and available for all 10-16 year olds in Kent. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

Kooth offers wellbeing support 365 days a year via a vast range of self-help materials, peer to peer support and young people are able to contribute too. Kooth also has an online wellbeing team from midday to 10pm Monday to Friday and 6pm-10pm at weekends - they provide online counselling via live chat or messaging.

Kooth is free to access via a mobile phone, laptop or tablet - your child simply needs to visit 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.

Kooth will be working with all schools and professionals in Kent to support students' mental health and wellbeing, both in and out of school. Alongside this, Kooth provides parent sessions, so keep in touch with the school or agencies to find out when the next ones are.

Kooth also offers virtual assemblies in schools, staff training and workshops for students, as well as ongoing support from our integration and participation worker.

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email parents@kooth.com.

Kind Regards

Karen Dawber
Integration & Participation Worker (Kent & Medway)