



Dear Parent / Carer,

Over the coming weeks your child may mention they have been made aware of a service called Kooth. Kooth.com is a free online mental health and wellbeing service for young people aged 10+. It provides early intervention mental health support and works with schools and professionals across over 90% of the UK.

Kooth supports young people across the UK with a range of difficulties such as:

- Sadness, low mood and anxiety
- Loneliness, isolation and stress
- Self-harm and suicidal thoughts
- Difficulties at school and college
- Eating difficulties and body image concerns

All our BACP qualified therapists are online Monday to Friday from 12pm until 10pm and on weekends, 6pm until 10pm. Users can still message the team 24 hours a day to get a next day response.

There is also access to our fully moderated support forums, self-help tools, and online magazine. All content is pre-moderated before going 'live' on the site, allowing for young people to offer and receive peer support in a safe and secure online environment.

**How to join Kooth:**

It only takes a few minutes to register online at [www.kooth.com](http://www.kooth.com). No formal referral is needed.

**Support for Parents and Carers:**

[www.qwell.io](http://www.qwell.io) is our free online mental health and wellbeing service for anyone aged 26+

To learn more about Kooth please visit our information centre:

<https://explore.kooth.com/families/>

If you have any questions please contact our team directly: [parents@kooth.com](mailto:parents@kooth.com)