

7th October 2026

Dear Parents and Carers,

At Moorside High School, we are committed to supporting the wellbeing of all our students and ensuring they know where to access help when they need it. As part of this commitment, we are pleased to be working with Kooth's Soluna service, which provides free and confidential mental health support for young people.

Next week, members of the Kooth team will be visiting school to deliver assemblies to students, introducing them to the support available through Soluna. They will also be hosting a pop-up information stall in the atrium, giving students the opportunity to find out more, ask questions, and access resources in an informal and supportive environment. Ahead of the visit, we would like to share some information about the service.

What is Soluna?

Soluna is a free online mental health and wellbeing platform for young people. Developed by Kooth, a trusted provider with over 25 years of experience, the service is delivered in partnership with the NHS, local authorities and education settings.

Young people can access support for a wide range of issues affecting their wellbeing, including friendships, exam stress, anxiety, low mood and bullying.

There are no costs, referrals or eligibility criteria. Students can access the service confidentially via a phone, tablet or computer through the Soluna app or website: [Soluna by Kooth](#).

What Soluna offers:

- One-to-one text-based support from qualified, BACP-accredited professionals (never chatbots), available during extended evening and weekend hours.
- A library of trusted, age-appropriate wellbeing resources and advice.
- A safe and moderated online peer community.
- Self-help tools, activities and wellbeing features that young people can explore at their own pace.

We hope that by raising awareness of Soluna, students will feel empowered to access support whenever they need it. Mental health and wellbeing are an important part of a young person's overall development, and services such as Soluna can provide valuable additional support alongside the care available at home and in school.

For more information on the service, please visit SolunaByKooth.com

Kind Regards

Miss Aitken

Assistant Principal – Personal Development.