



Dear Parents/carers,

Over the coming weeks your child may mention they have been made aware by school of a service called Kooth. It provides a free, safe, secure means of accessing help via the internet from a professional team of qualified counsellors, youth workers and emotional wellbeing practitioners. Kooth will be working with all schools and professionals in Kent to support students' mental health and wellbeing, in and out of school. It is available for all 10-25 year olds in Kent.

Kooth provides parent/carer sessions, so keep in touch with the school 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 Engagement Lead

At Kooth we offer wellbeing support 365 days a year and we have our wellbeing team online from midday to 10pm Monday to Friday and 6pm-10pm at weekends. Kooth is free to access - your child simply needs to visit [www.kooth.com](http://www.kooth.com) and click 'Join Kooth'. We have a vast range of self-help materials, peer to peer support and young people are able to contribute too. Everything is pre-moderated in order to safeguard our users, so you know that what your child is accessing is safe.

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 [parentsandcarers@kooth.com](mailto:parentsandcarers@kooth.com).

Kind Regards

Karen Dawber  
**Engagement Lead (covering Kent & Medway)**