



MAIDEN ERLEGH

SCHOOL

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Dear Parent/Guardian

Online Mental Health and Wellbeing Support for Young People

We wanted to make you aware of a service that provides free emotional health support for young people, all students have previously been spoken to about this in assemblies. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners for ages 11-18.

Kooth offers wellbeing support 365 days a year via a range of self-help materials and peer to peer support which young people are able to contribute to. Kooth also has an online wellbeing team from 12:00 noon – 10:00pm on weekdays and 6:00pm – 10:00pm on weekends offering 1:1 text-based online counselling via live chat or messaging.

Kooth is free to access via any internet-enabled device. Your child simply needs to visit www.kooth.com and click 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard users, so you know that what your child is accessing is safe.

Kooth will be working with all schools and professionals across 93% of the UK and growing to support students' mental health and wellbeing, both in and out of school. Alongside this, Kooth provides parent sessions, and have pre-recorded 2 sessions for you to watch. The 5 minute overview can be found [Here](#) and a more in-depth 15 minute recording can be found [Here](#). Please also find a selection of parent/carer resources that can be accessed using this link: [Parents/Carers resources](#).

If you have any questions or would like to discuss what Kooth.com can offer, please liaise directly with your child's Head of Year. If you would prefer to contact Kooth directly, simply email parents@kooth.com.

Yours sincerely

Mrs Sophie Tanner
Assistant Headteacher – Designated Safeguarding Lead