



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 provides a safe, secure means of accessing help via the internet from a professional team of qualified counsellors, youth workers and emotional wellbeing practitioners and is available for all 11-25 year olds in Suffolk. Kooth will be working with all schools and professionals in Suffolk to support students' mental health and wellbeing in and out of school.

Kooth provides parent sessions, so please do consider attending the next Zoom session on Thursday 11th February 2021 12 noon to 1pm. Simply type in the meeting ID on Zoom **938 0619 5149** at 12noon on the 11th February.

Kooth will offer school virtual assemblies, staff training and workshops for students as well as ongoing support from our integration and participation worker.

At Kooth we offer wellbeing support 365 days a year and we have our wellbeing team online Monday to Friday 12noon to 10pm and weekends 6-10pm. 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 material, 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 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 [parents@kooth.com](mailto:parents@kooth.com).

Kind regards,

Sarah Clark

Integration & Participation Worker