



Dear parent/carer,

Kooth online therapeutic support is live here at Swanmore College. The service is funded and endorsed by the NHS, allowing for completely free access to all schools and services working with young people in Hampshire.

An Engagement Lead for Kooth is working closely with staff in school to deliver training on all aspects of how Kooth works and supports your child. As well as all students having the opportunity to hear much more about Kooth, its services and online safety in a school assembly last week, a range of physical and digital promotional resources are being used around school to promote the service & remind students Kooth is here to help 24/7 365 days of the year.

Kooth offers free access to online counselling, support and advice for children and young people (CYP) aged 11 to 25 years old.

There is no threshold, it is anonymous and there are no waiting list processes. Children and young people can access support for ANY issues they may be experiencing. These may include; Body image, self-esteem, bereavement, academic pressures, anger, anxiety, suicidal thoughts, friendships, sexuality, transition from primary to secondary school etc.

The registration process is quick, anonymous and safe. CYP can access support, simply by visiting here: www.kooth.com

Kooth's qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm.

As well as chatting to therapists on the Kooth text based counselling service, young people can message the Kooth team 24 hours a day and access fully-moderated support forums, online magazine articles and other self-help tools. 80% of the magazine is written by Kooth users and every young person can write articles on a huge range of current topics ranging from emotional health, sport, technology, fashion etc. Everything on Kooth is moderated before going 'live' on the site allowing for young people to offer and receive peer support in a safe and secure online environment.

Kooth delivers 1000's of counselling sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and Young People can access free support when they need it, in a way that they find comfortable to access, via internet enabled devices.

We also have FREE digital resources (including webinars) for parents and Carers to support yourselves and your child, please do see connect.kooth.com

If you have any questions on this new support service, please speak to a member of staff in school.

Yours Sincerely

Carly Seymour

