



Online Mental Health and Wellbeing Support for young people

Dear Parents/Carers

Over the coming weeks your child may mention they have been made aware of a service called Kooth. At Kooth, we provide a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

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. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.

Kooth work alongside schools and colleges across the UK and are running student facing webinars through April and May on topics like 'Staying safe online' and 'Tips for managing exam stress'.

Kooth is also offering free virtual sessions for parents on the 22nd & 25th April that provide tips on how you can support your child manage anxiety about their upcoming exams - please use [this link](#) to sign up.

There's also resources designed especially for parents available on our website including advice on how to talk to your teen about their feelings: [Parents/Carers resources](#).

If you have any questions or would like to discuss what Kooth.com can offer you can email us on parents@kooth.com.

Kind Regards

Kooth Engagement Team