



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 in school of a service called [Kooth.com](https://www.kooth.com). Commissioned by Kent & Medway NHS Kent Integrated Care Board, [Kooth.com](https://www.kooth.com) is an online counselling, advice and support service for young people aged 10-25 within the local area. It provides a safe, secure means of accessing help from a professional team of counsellors. Kooth works with schools and professionals across over 90% of the UK.

Kooth is **free** to access via any internet-connected tablet, computer or smartphone. There are no waiting lists or thresholds to meet and a referral from a medical professional is not needed. Your child can join Kooth anonymously simply by visiting www.kooth.com.

Kooth offers young people a range and choice of support options under one digital roof.

It has services that are accessible 7 days a week, 365 days a year. This includes one to one text based sessions with experienced counsellors and wellbeing practitioners run from midday to 10pm on weekdays, and from 6 -10pm at the weekend. Appointments can be booked in advance or accessed via a drop-in text-based chat. Kooth also provides a fully safeguarded and pre-moderated community with a library of peer and professional created articles. And there are discussion forums too. All content is pre-moderated and age appropriate.

Kooth covers many topics on the website including relationships, LGBTQIA+, exam stress, anxiety, eating difficulties, self harm, suicidal thoughts, body image, social media, bullying and family worries. All of these subjects affecting young peoples' mental health are presenting issues that Kooth and other mental health providers see from all age groups. Kooth is commissioned by the NHS and clinically approved for children from the age of 10, and is the only digital mental health provider to hold a BACP (British Association for Counselling and Psychotherapy) accreditation across the UK.

If you would like to know more about Kooth you can watch a 10 minute recording [Here](#).

Follow this link for FAQs and further written information about Kooth: [Parents/Carers resources](#).

If you have any questions or would like to discuss what Kooth.com can offer, please speak to the school who should be able to answer your queries. If you would prefer to speak to a Kooth representative directly, please use the following email- parents@kooth.com.