



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 is free and available for all 11-25 year olds in Harrow. It provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

Kooth provides parent sessions, so please do consider attending the next online parent session on **Wednesday 16th December 2020, 12 noon to 1pm**. Simply type in the meeting ID on Zoom **983 7658 6646** at 12noon on the 16th December. Kooth offers school virtual assemblies, staff training and workshops for students, as well as ongoing support from our integration and participation worker.

Kooth offers wellbeing support 365 days a year via a vast range of self-help materials, peer to peer support and young people are able to contribute too. Kooth also has an online wellbeing team from midday to 10pm Monday to Friday and 6pm to 10pm at weekends - they provide online counselling via live chat or messaging.

Kooth is free to access via a mobile phone, laptop or tablet - your child simply needs to visit www.kooth.com and click 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that 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.

Kind Regards

Karen Dawber
Integration & Participation Worker