

Dear Parents & Carers,

We know how difficult the past few weeks have been for you and the young people in your household; dealing with lockdown restrictions and in many cases home schooling.

You may have heard your child mention **Kooth** through information they have received from their school. We wished to reach out to you directly so that you’re aware of all of the support available, and how your child can access this, should they need to.

**Kooth.com** is a **free, safe** and **anonymous** online mental wellbeing community for children and young people aged 11+.

We have a range of different features that support our service users, including:

* Articles written by Kooth users (children and young people)
* Discussion boards and live forums
* Mini activity hub
* My goals tracker
* Personal journal
* Chats (text based) with our friendly team of qualified professionals up to 10pm each night, 365 days per year.

Kooth is easily accessible and young people can sign up to the service at [www.kooth.com](http://www.kooth.com)

**We have set up some virtual sessions specifically for parents and carers based in Dudley, Sandwell, Walsall, Wolverhampton, Shropshire and Telford & Wrekin so we can introduce you to Kooth and give you the opportunity to ask any questions you may have.**

The events have been scheduled throughout April and early May.

You can sign up to attend the sessions by following this link:

<https://www.eventbrite.co.uk/e/kooth-parentcarer-session-tickets-145270260259>

If you can’t attend the sessions but have further questions, please speak to your child’s school, through who we can provide any further details as requested.

We hope this information has been useful, and hope to see some of you at the session.

Kind Regards,

Jen Shergill  
Kooth Engagement Lead *(for the Black Country, Shropshire, Telford & Wrekin).*