

Dear Parents/carers

You may have been made aware by your child's school of a service called Kooth. Kooth is designed to support the wellbeing and resilience of young people and is available for 11-18 year olds in Portsmouth (up to 25 for SEND & care leavers).

Kooth is running **free** online parent information sessions in March, April & May. The sessions are designed to help you understand how Kooth can support your child with their mental health and wellbeing. Each session will cover:

- A Presentation on Kooth
- A Live tour of the Kooth site
- An opportunity for Questions & Answers about Kooth

Please click on the registration link for the date/time you'd like to attend:

Date	Time	Registration Link	Zoom Link
Thurs 11 March	7pm – 8pm	<a href="https://forms.gle/mAbgxFcjif6oobF78">https://forms.gle/mAbgxFcjif6oobF78</a>	<a href="https://zoom.us/j/92884092807">https://zoom.us/j/92884092807</a>
Tues 20 April	6.30pm – 7.30pm	<a href="https://forms.gle/mAbgxFcjif6oobF78">https://forms.gle/mAbgxFcjif6oobF78</a>	<a href="https://zoom.us/j/93443057696">https://zoom.us/j/93443057696</a>
Weds 19 May	7pm – 8pm	<a href="https://forms.gle/mAbgxFcjif6oobF78">https://forms.gle/mAbgxFcjif6oobF78</a>	<a href="https://zoom.us/j/92816481930">https://zoom.us/j/92816481930</a>

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth, young people can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for kooth independently at [www.kooth.com](http://www.kooth.com)

To find out more visit [www.Kooth.com](http://www.Kooth.com). You can also view a short video about the service by following this link: [Kooth Video](#)

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](mailto:parents@kooth.com).

Kind Regards

Karen Dawber - **Kooth Engagement Lead**