



We Make A Difference

Headteacher
Kam Grewal-Joy
Deputy Headteachers
Steve Bacon
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Dear Parent/Carer,



RE: Kooth Mental Health and Wellbeing Support

Kooth Digital Health offers access to online Mental Health and Wellbeing support for children and young people (CYP) aged **11 to 18** across Sheffield. The service is funded and endorsed by the NHS South Yorkshire Integrated Care Board allowing for completely free access to all schools and services working with young people in Sheffield.

There is no threshold, waiting list or referral process. Children and young people can access support for ANY issues they may be experiencing. These may include; Body image, self-esteem, bereavement, academic pressures, anger, anxiety, self-harm, friendships, identity, transition from primary to secondary school etc.

The registration process is quick, anonymous and safe. CYP can access support, simply by registering at www.kooth.com. Kooth's qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm.

As well as chatting to therapists on the Kooth text-based chat service, young people can message the Kooth team 24 hours a day and access fully-moderated support forums, online magazine articles and other self-help tools. 80% of the magazine is written by Kooth users and every young person can write articles on a huge range of topics ranging from emotional health, sport, technology, fashion, hobbies and interests, etc. Everything on www.Kooth.com is moderated before going 'live' on the site allowing for young people to offer and receive peer support in a safe and secure online environment.

Kooth delivers thousands of counselling sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via internet enabled devices.

We have an Engagement Lead for Kooth working with us to deliver training on all aspects of how Kooth works and supports our students and families. As well as all students having the opportunity to hear much more about the service during a recent assembly, a range of physical and digital promotional resources are being used around school to promote the service & remind students that Kooth is here to help 24/7 hours a day, 365 days of the year

In effort to expand your understanding of the service, I have included a selection of parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#). If you have any questions on this support platform, please speak to a member of staff in school. If you would prefer to contact Kooth directly, simply email parents@kooth.com.

Yours faithfully



Mr G Dearman
Assistant Headteacher and Designated Safeguarding Lead.

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