

Dear parent/carer,

Your child or young person may have mentioned that they have had a talk in school about Kooth. [Kooth.com](https://www.kooth.com) is a free FREE, SAFE & ANONYMOUS support for their mental health and is commissioned across the UK by the NHS and in some areas by local authorities. We at Kooth are providing support to year 6 pupils in primary schools to help support anxiety and stress levels ahead of SATs, in the form of workshops. The workshops will help to normalise the feelings of stress and anxiety and will demonstrate how Kooth can support to alleviate distress.

Once the session has been delivered in schools you have the opportunity to explore this with your child at home, by supporting them to make a Kooth account. The registration process is quick and easy: simply select your location, month and year of birth, gender & ethnicity is optional, then create a username and password.

Kooth provides moderated forums where they can access peer support safely about the things that are important to them, use self-help tools, or speak to a trained mental health practitioner in a one to one text based chat. A large portion of our users on [Kooth.com](https://www.kooth.com) don't actually access it to speak with a professional. They are looking to develop their own independent skills to manage their mental health and stay mentally fit. A rainy-day activity (let's face it, in the North West, it's never far away from a rainy day) could be to sit and explore the wellbeing activities, articles or forums together.

If they do need to speak to us, it's a live, typed-out conversation with one of our practitioners. The support they receive is accredited by the BACP, ensuring they are receiving safe help and guidance. If they don't want to speak to us live, they can send us a message with a question, statement or looking for advice. We'll get back to them in the next couple of days.

[Kooth.com](https://www.kooth.com) is for anyone aged 10 -18 and up to 25 for SEND

You can explore and learn more about services on Kooth.com

Kind Regards

Heather Hook