

Dear Parents/carers

You may have been made aware by school or a professional of a service called Kooth. Kooth is designed to support the wellbeing and resilience of young people and is available for 10-25 year olds in Kent. Kooth is running **free** online parent information sessions in June & July. 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:

<b>Please ensure you register for the webinar of your choice.</b>			
<b>Date</b>	<b>Time</b>	<b>Registration Link</b>	<b>Zoom Link</b>
Tues 15 June	12pm – 1pm	<a href="https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-154234606861">https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-154234606861</a>	<a href="https://zoom.us/j/95629148354">https://zoom.us/j/95629148354</a>
Weds 30 June	6pm – 7pm	<a href="https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-154234606861">https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-154234606861</a>	<a href="https://zoom.us/j/91713579904">https://zoom.us/j/91713579904</a>
Tues 13 July	6pm – 7pm	<a href="https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-154234606861">https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-154234606861</a>	<a href="https://zoom.us/j/92015808519">https://zoom.us/j/92015808519</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)

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school/[professional]. If you would prefer to contact Kooth directly, simply email [parents@kooth.com](mailto:parents@kooth.com).

Kind Regards  
Karen Dawber - **Kooth Engagement Lead**