



Online Mental Health and Wellbeing Support for young people

Hi there

I'm writing to you to let you know your child's school has booked their class to attend a KoothKlass webinar with us exploring our service and general mental wellbeing.

[Kooth.com](https://www.kooth.com) is a free, anonymous, online counselling and emotional wellbeing service most commonly commissioned via Local Authorities or the NHS for young people aged 10+. Young people can access counselling from our qualified practitioners up to 10pm every night, 365 days a year, as well as accessing other key features of support such as an online interactive magazine, peer support, live forums and journaling.

We run lots of awareness webinars for young people on key topics that often match their PSHE curriculum and common concerns **appropriate to their age**. We also inform them on the ways we can safely support them on our digital platform.

Lots of our KoothKlass sessions include sharing of articles that are featured on the Kooth website. In order for attendees to access this we will deliver a supported sign up tutorial as part of the session so young people create their own anonymous account and browse at their leisure.

If you are interested in knowing more about us and the ways we support young people. Please [see here](#) for our KoothTalks for Families webinar offers. All are free to attend

You can also direct any further questions about Kooth by emailing parents@kooth.com

Kind Regards

The Kooth Engagement Team