



Thursday 11<sup>th</sup> February 2021

## **Kooth Online Counselling Service for 11 – 22 years in Kingston**

Dear Year 6 Parents and Carers,

The NHS wants to remind young people that the online service called Kooth is available for them in Kingston, which can provide extra support with wellbeing during this difficult time.

Kooth is an online counselling and emotional well-being service for children and young people aged between 11 and 22. Young people can search 'Kooth' or visit [www.kooth.com](http://www.kooth.com) and get support for anything that's on their mind. The service was introduced following feedback from young people that it is something they would find useful.

A short video has been produced for young people to example how Kooth can help. You and your child can watch it on YouTube at <https://youtu.be/fJp58dLy2Ak>

### **Urgent helplines for children and young people**

There are also urgent helplines you or your child can call to talk about their mental health:

- 020 3513 5183 (*Mon to Fri 9am to 5pm*)
- 020 8547 6171 (*Mon to Fri 9am to 5pm*)
- 0800 028 8000 (*24 hours, 7 days a week*)

For more information on Kooth, you can visit the XenZone website [www.xenzone.com](http://www.xenzone.com).

It's anonymous and free at the point of use. Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

We hope this service will be useful for those most affected by the current situation, but also for those with concerns or queries around how best to support their children's/ own mental health.

Yours faithfully,

Mrs Pip Utting

Head teacher

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SCHOOL  
MEMBER