

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/carer information sessions - designed to help you understand how Kooth can support your child with their mental health and wellbeing.

The one hour session which 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 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 16 Nov	6pm-7pm	<a href="https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875">https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875</a>	<a href="https://zoom.us/j/94295360074?pwd=L0xKdzNEM0ZJVVAzeE9hUXExYmhFUT09">https://zoom.us/j/94295360074?pwd=L0xKdzNEM0ZJVVAzeE9hUXExYmhFUT09</a>
Tues 14 Dec	6pm-7pm	<a href="https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875">https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875</a>	<a href="https://zoom.us/j/94874926099?pwd=VHhFQ0tXMzhPTFNJeVFtTHhGYWZxQT09">https://zoom.us/j/94874926099?pwd=VHhFQ0tXMzhPTFNJeVFtTHhGYWZxQT09</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.
- **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.
- **A range of different tools to support mental health** e.g. daily journal, mini-activities
- **No referral** is required. Young people can register for kooth independently via 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 [parentsandcarers@kooth.com](mailto:parentsandcarers@kooth.com).

Kind Regards  
 Karen Dawber  
**Kooth Engagement Lead**