

8th June 2020

Dear Parent / Carer

I hope you are safe and well at this time. I am writing to introduce the launch of kooth.com - a digital counselling support service that has been commissioned by Birmingham Children's Partnership.

Kooth.com is an award winning and innovative online counselling and support service which is now be available to all young people across Birmingham aged 11-25 years.

It is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. In 2019 - 2020 kooth.com was accessed by over 150,000 young people.

Fully trained and qualified counsellors and emotional wellbeing practitioners are available from 12 noon until 10pm Monday-Friday and 6pm-10pm on Saturday and Sunday, 365 days per year, providing a much needed out-of-hours service for emotional support in an accessible way. Kooth.com also offers articles, forum and self-help 24/7.

You can also view a short video about the service at:

<https://vimeo.com/318731977/a9f32c87de>

Should you have any questions please contact your child's head of year.

Yours faithfully

Mr J Dovey
Deputy Headteacher