



Dear Parents & Carers,

We know that the past year has been particularly challenging, and many young people have struggled with their emotional wellbeing and mental health. We just wanted to make you aware that Kooth (www.kooth.com) is available for young people across Northumberland. Should your child need a bit of extra support, or if they are currently waiting to access support from other services, you can signpost them to our service.

Kooth is a **free, anonymous** and **safe** online mental wellbeing community for children and young people, aged 11-25 years old across Northumberland. This service is funded by Northumberland Clinical Commissioning Group.

We have a range of different features that support our service users. Young people can get support from our team of qualified professionals via our message or text based chat function. Our online team is available 365 days per year between **12pm and 10pm on a weekday** and between **6pm and 10pm on a weekend**. We can support young people with a range of experiences from friendship and school worries to stress, anxiety and other mental health conditions. The support provided will be tailored to the needs of the young person and can range from single drop in chat sessions or messages, to a programme of structured counselling sessions when the young person needs extra support

In addition, the site has a wide range of self-help resources and ways that young people can safely both give and receive, peer support, including:

- The Kooth Magazine which contains article written by both users and our team
- Discussion boards, where young people talk about what is important to them
- Our mini activity hub with 22 different activities that promote mindfulness, healthy habits and connection with others
- Access to a personal goal setting tool and a reflective personal journal.

Kooth is easily accessible and young people can sign up or login into the service by going to www.kooth.com. There is no referral process or threshold of need required to access Kooth.

Below, we have included some useful links for a digital resources which can be shared with young people, showing them what is available at Kooth and also our FAQ's for parents and carers.

[Kooth poster](#)

[Parent FAQ](#)

We hope you find this information useful. If you have further questions, please speak to your child's school, through whom we can provide any further information needed. Alternatively, please email the Kooth team parents@kooth.com

Kind Regards

Malcolm Connelly

Senior Kooth Engagement Lead

