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 a **free** online parent/carer information session which is designed to help you understand how Kooth can support your child with their mental health and wellbeing.

The session will cover:

- An overview of Kooth
- A Live tour of the Kooth site
- An opportunity for Questions & Answers about Kooth

Please click on the registration link to attend:

Date	Time	Registration Link
Tues 22 March	6pm – 7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357

Kooth provides a free, 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.
- **Access to a range of support tools**, such as the daily journal & mini-activities
- **No referral** is required. Young people can register for kooth independently at www.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 parentsand carers@kooth.com

Kind Regards

Karen Dawber
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NHS
Kent and Medway
Clinical Commissioning Group