



Dear Parents / Carers,

Commissioned by Clinical Commissioning Groups and the local authorities, [Kooth.com](https://www.kooth.com) is an online counselling, advice and support service for young people aged 10-18years within the local area. It provides a safe, secure means of accessing help via the internet from a professional team of counsellors. Whilst your child may not need or use the service, as part of supporting our students, we are ensuring all children and young people are aware of provisions in the area that could assist them, now or in the future.

Our qualified counsellors are online 365 days a year. Monday to Friday, from 12noon - 10pm and between 6pm - 10pm on weekends. Kooth has no waiting list or referral process. Children and young people can access support for ANY issue they may be experiencing. To access, young people simply register at www.kooth.com

As well as chatting to our counsellors through a text-based service, young people can message the team 24 hours a day, access our fully-moderated support forums and discussion board, online magazine, self-care activities and other self-help tools.

Kooth's Engagement Leads will be spending time delivering information sessions to pupils and staff in schools across Shropshire to explain about the features on our platform and the sign-up process too.

If you would like to ask any questions to a Kooth representative directly, please use the following email- ahmad@kooth.com

Thank you.