

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 11-25 year olds in Norfolk & Waveney, 11-18 year olds in Cambridgeshire and Peterborough. 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.

We have a shorter 'bitesize' session which will cover:

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

Please click on the registration link for the date/time you would like to attend:

Please ensure you register for the webinar of your choice.			
Date	Time	Registration Link	Zoom Link
Weds 20 Oct BITESIZE SESSION	12pm – 12.30pm	https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-bitesize-sessions-tickets-163865069835	https://zoom.us/j/96248658006?pwd=UXdkQm1ldmlGZWpHaHRIMDhXVnJOZz09

OR a longer one-hour session which will cover:

- A Presentation on Kooth
- A Live tour of the Kooth site
- An opportunity for Questions and Answers about Kooth

Please click on the registration link to attend:

Please ensure you register for the webinar of your choice.			
Date	Time	Registration Link	Zoom Link
Thurs 23 Sept	6pm – 7pm	https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875	https://zoom.us/j/92322859095?pwd=aEVpdEYzUnpXL0NZWlJQM3hteFhpdz09
Tues 16 Nov	5pm-6pm	https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875	https://zoom.us/j/94295360074?pwd=L0xKdzNEM0ZlVVAzeE9hUXExYmhFUT09
Tues 14 Dec	6pm-7pm	https://www.eventbrite.co.uk/e/discover-kooth-parent-carer-information-sessions-tickets-164152609875	https://zoom.us/j/94874926099?pwd=VHhFQ0tXMzhPTFNJeVFtTHhGYWZxQT09

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.
- **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.

Kind Regards – Cheryl Allright **Kooth Engagement Lead**