



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 Tower Hamlets.

Kooth is running **free** online parent information sessions in July. The sessions are designed to help you understand how Kooth can support your child with their mental health and wellbeing.

Each session will cover:

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

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

Please ensure you register for the webinar of your choice.			
Date	Time	Registration Link	Zoom Link
Fri 2nd July	10-11am	https://forms.gle/WN5QWFe7e6mKR Fqv9	Will be sent to your email address
Tue 6th July	5-6pm	https://forms.gle/vPRVDBwKVfapjPW DA	Will be sent to your email address
Fri 16th July	12-1pm	https://forms.gle/1kyoq9PdPHvjkK6g 6	Will be sent to your email address

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.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **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.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for kooth independently at www.kooth.com

To find out more visit www.Kooth.com. You can also view a short video about the service by following this link: [Kooth Video](#)

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 parents@kooth.com.



Warm regards

Morwenna James - **Senior Kooth Engagement Lead**