



Dear parent/carer,

As we approach the summer period, please find below a letter from Kooth about support for students and a support service (Qwell) available for parents, carers & adults.

Over the last academic year, an Engagement Lead for Kooth has worked closely with staff in school to deliver training on all aspects of how Kooth works and supports your child. As well as all students having the opportunity to hear much more about Kooth, a range of physical and digital promotional resources are being used around school to promote the service & remind students Kooth is here to help 24/7 365 days of the year.

DID YOU KNOW: 'QWELL' OFFERS A SIMILAR PLATFORM OF SUPPORT FOR ALL ADULTS AGED 18+ ACROSS ROTHERHAM.

The registration process is quick, anonymous and safe across both services. Using non-identifiable information, Children and young people (11-25) can access wellbeing advice and support, simply by registering at www.kooth.com and adults (18+) at Qwell.io.

With no thresholds, waiting lists or referrals required, you can access support for ANY issues you may be experiencing. On Kooth, these may include; body image, self-esteem, bereavement, academic pressures, anger, anxiety, suicidal thoughts, self harm, friendships, sexuality, transition phases from primary to secondary school etc. On Qwell, these may include: stress & anxiety, self-esteem, bereavement, family breakdown, substance misuse, cost of living concerns, suicidal thoughts, friendships, work related stress etc.

All our BACP (British Association for Counselling & Psychotherapy) qualified therapists are online 365 days a year, Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm. Users can also message the team 24 hours a day and receive a next day response.

Both services offer access to our fully-moderated support forums, self-help tools, and a wealth of online magazine articles (written by our professional team and our users) covering topics ranging from general hobbies and interests, user experiences, technology, fashion etc. alongside social, emotional and wellbeing support. All content is pre-moderated before going 'live' on the site, allowing for young people and adults to offer and receive peer support in a safe and secure online environment.

Kooth delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way they find comfortable to access, via any web-enabled device. Qwell provides the exact same support for adults.

Please find a selection of Parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#) and If you have any questions or would like to discuss what Kooth.com or Qwell.io can offer, please, simply email parents@kooth.com.

Kind Regards

Mr D Burnham