



8th October 2024

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Dear Parents/Guardians,

I hope this letter finds you well. As part of our commitment to supporting our students' mental health we are pleased to inform you about Kooth, a free, safe, and anonymous online mental health service for young people aged 11 to 25.

What is Kooth?



Kooth provides young people with a platform to access free, confidential, mental health support whenever they need it. Available 24/7, it offers a range of services designed to help students deal with a wide variety of emotional and mental health challenges. Whether a student is feeling anxious about exams, facing difficulties with friendships, or experiencing feelings of loneliness, Kooth offers a supportive environment to help them manage their emotions.

Services Kooth Provides:

1. Live Chat Support with Counsellors: students can chat anonymously with qualified counsellors from 12pm to 10pm on weekdays and 6pm to 10pm on weekends.
2. Personalised Journals and Goal Trackers: tools to help young people reflect on their emotions and set personal goals.
3. Articles and Resources: a wide range of articles written by professionals and young people on topics like stress management, self-care, and mental wellbeing.
4. Community Support: peer-to-peer forums that are moderated for safety, allowing young people to connect with others who may be experiencing similar issues.

Issues Kooth Can Help With:

- Anxiety and stress related to school or exams
- Friendship or relationship difficulties
- Bullying or peer pressure
- Managing sadness, depression, or low mood
- Family issues
- Self-esteem and body image concerns



How to Access Kooth:

Both students and parents can easily access Kooth online without a referral. Simply visit the Kooth website at www.kooth.com to sign up for free. The registration process is simple, and once registered, students can access a wide variety of resources and support options.

For more detailed information on how Kooth works and how parents can support their child's mental health, please visit these helpful resources:

- Kooth Parent Guide: <https://www.kooth.com/parents>
- Mental Health Resources for Parents: <https://www.kooth.com/parents-and-carers>

We encourage you to explore Kooth as a valuable tool for your child's mental health and wellbeing. If you have any questions or concerns please feel free to reach out to the school's pastoral team for further guidance.

Thank you for your continued support and if there is anything we can do to help please get in contact.

Best regards,



Mr N Burke
Deputy Headteacher
Behaviour, safety and welfare