Dear Head teacher,

As schools across the country begin to contingency plan due to closures, I wished to make contact to highlight the support **Kooth.com** is able to provide at this difficult time.

Kooth will continue to provide online mental health and wellbeing support to young people via any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.

There is no threshold for students to access support through Kooth so the service may sit as part of a whole school approach to supporting mental health and wellbeing. In order to support you in promoting Kooth to your student body, parents and faculty at this time we have provided an email template below for distribution.

Some schools have offered Kooth access to provide signposting to their school digital platforms/ social media websites for students to access Kooth. If this is an option we would be happy to provide further information and online marketing material to support awareness of Kooth to all students.

Please let me know if you require further marketing material by contacting me at : awhite@xenzone.com

Kind Regards

Alex White

Online school portal statement;

Kooth.com - online support for young people

We would like to remind you of the availability of our online service to support the wellbeing and resilience of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. 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. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with **Kooth** they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit www.Kooth.com where young people can register and others can find out more about the service.

You can also view a short video about the service at: https://vimeo.com/318731977/a9f32c87de.