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Dear Parents/ Carers & Guardians,

XenZone would like to provide you with information on our free online counselling and support service, Kooth which is now available to all children and young people in Sunderland aged 11-18 years and up to 25 years for care leavers.

Accredited by the BACP and a trusted delivery partner of the NHS, Kooth is a transformational digital mental health support service for young people.

The Kooth service has been commissioned by Together for Children and Sunderland Clinical Commissioning Group to provide a safe, confidential and non-stigmatised way for young people to receive advice, support and easy access to an online community of peers and a team of experienced counsellors. Staffed by fully trained and qualified counsellors who are available until 10pm each night, 365 days per year, Kooth provides a much needed out of hours' service, making it a powerful early prevention and treatment resource which young people are keen to use. More than 95% of end of session questionnaires show young people would recommend Kooth to a friend.

Kooth provides young people with instant access to emotional and wellbeing advice incorporating self-help articles and online tools such as a mood tracker, as well as professional online therapy and pre-moderated peer-to-peer forums. On Kooth, young people can learn effective coping strategies to be able to manage day to day life and with no thresholds, Kooth is easily accessible for all young people to use.

If you require any further information, please feel free to contact us at **parents@xenzone.com** and you can also find further information on our website: https://xenzone.com/kooth/

Yours sincerely,

Alex White

XenZone- Integration and Participation Worker