



Smithdon High School
Mrs A Gibbins
Headteacher
Downs Road, Hunstanton
Norfolk PE36 5HY
Telephone: 01485 534541
e-mail: office@smithdonhigh.org.uk
website: www.smithdonhigh.org.uk

Ref: AGi/LT

27 March 2023

Dear Parents

Your child may have mentioned that they have been made aware of a service called Kooth - or may do so in the coming week. Kooth provides early intervention mental health support to children and young people. Kooth works with schools and professionals across over 90% of the UK.

Kooth is **free** to access via any internet-connected tablet, computer or smartphone. There are no waiting lists or thresholds to meet and a referral from a medical professional is not needed. Your child can join Kooth anonymously simply by visiting www.kooth.com.

Kooth offers young people a range and choice of support options under one digital roof. It has services that are accessible 7 days a week, 365 days a year. This includes one-to-one text-based sessions with experienced counsellors and wellbeing practitioners, that run from midday to 10pm on weekdays, and from 6-10pm at the weekend. Appointments can be booked in advance or accessed via a drop-in, text-based chat. Kooth also provides a fully safeguarded and pre-moderated community, with a library of peer and professional created articles. And there are discussion forums too. All content is pre-moderated and age appropriate.

Kooth covers many topics on the website, including relationships, LGBTQIIA+, exam stress, anxiety, eating difficulties, self harm, suicidal thoughts, body image, social media, bullying and family worries. All of these subjects affecting young peoples' mental health are presenting issues that Kooth and other mental health providers see from all age groups. Kooth is commissioned by the NHS and clinically approved for children from the age of 10. It is the only digital mental health provider to hold a BACP (British Association for Counselling and Psychotherapy) accreditation across the UK.

Additionally, our adult service called Qwell is available to you where you can access the same counselling support, self-directed support and community support – you can sign up anonymously and for free at www.qwell.io.

If you would like to know more about Kooth, you can watch a 5 minute overview [here](#) or a more in-depth 15 minute recording [here](#).

Follow this link for FAQs and further written information about Kooth: [Parents/Carers resources](#).

We have invited Kooth to come into the school to talk about the service with all students in Years 7-10 (and those Year 11 students in school) on Friday 31 March 2023. Your child will be given the opportunity to sign up to Kooth during the workshop.

The Kooth team will also be available after school for parents to drop in and ask questions from 3pm-4.30pm. There will then be a presentation for parents at 4.30pm, should you wish to attend for more information.

The Cambridge
Partnership
Graduate Teacher Programme



If you have any questions please let us know. If you would prefer to contact Kooth directly, please email parents@kooth.com.

Yours sincerely

A. Gibbins.

Mrs A Gibbins
Headteacher

