



# Venerable Bede Church of England Academy

## Dayspring Trust



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Headteacher: Mr D Airey (BSc Hons)

Executive Headteacher: Mrs G A Booth (BA Hons/M.Ed.)

8<sup>th</sup> October 2019

Dear Parent/Carer,

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

As a service, fully commissioned by "Together for Children" and "Sunderland Clinical Commissioning Group", Kooth.com is a safe, confidential and non-stigmatised way for young people to receive advice, support and optional counselling on-line. Staffed by fully trained and qualified counsellors and available until 10pm each night, 365 days per year, it provides a much needed out of hours' service for young people.

Available in more than 100 Clinical Commissioning Group areas in England, the service offers easily accessible mental health and emotional well-being support to young people, covering a wide range of topics and issues such as exam stress, bullying and friendship issues. On Kooth.com, young people can learn effective coping strategies to be able to deal with day to day life.

Kooth.com is anonymous and free to use, 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.com to a friend. With no criteria to access the service, all young people are supported no matter how big or small the issue may be.

If you require any further information to enable you to learn more about this service and to feel confident in discussing Kooth.com with young people, please contact [parents@xenzone.com](mailto:parents@xenzone.com)

You can also find further information about the service on the following website:  
<https://xenzone.com/kooth/>

Yours sincerely,

**Miss S Holt**  
**Assistant Headteacher and SENDCo**

