



Dear Parents & Carers,

We know how difficult the past few weeks have been for you and the young people in your household; dealing with lockdown restrictions and in many cases home schooling.

You may have heard your child mention **Kooth** through information they have received from their schools, but we wanted to reach out and let you know about the service so that, should your child need a bit of extra support, you can help support and signpost them to our service.

Kooth is a **free**, **anonymous** and **safe** online mental wellbeing community for children and young people, aged 10-18 years old across Sunderland (and up to 25 for cared for children). This service is funded by Together for Children.

We have a range of different features that support our service users:

- - Content featuring articles written by users
- - Discussion boards
- - Mini activity hub
- - Log and track personal goals
- - Reflection on personal journals
- - Chats (text based) with our friendly team of qualified professionals up to 10 pm each night, 365 days per year.

Kooth is easily accessible and young people can sign up or login into the service by going to www.kooth.com

We have set up two eventbrite session with one of our team, specifically for parents and carers across Sunderland, so we can introduce you to **Kooth** and give you the opportunity to ask any questions you may have.

The events have been scheduled for Friday 19th February 1-2pm or Thursday 25th February 4-5pm. You can sign up to attend either session by following this link

<https://www.eventbrite.co.uk/e/140058529833>

If you can't attend the session but have further questions, please speak to your child's school, through who we can provide any further information needed.

We hope this information has been useful, and we hope to see some of you at the session.

Kind Regards

A handwritten signature in cursive script, appearing to read 'Leah Codner'.

Leah Codner (Area Manager)