

Dear Parent/Carer

[**www.Kooth.com**](http://www.kooth.com)

We would like to take the opportunity to inform you that Kooth.com, a free online counselling, support and advice service are hosting two parent/carer sessions on Eventbrite. The sessions will provide insight into the vary levels of support your child can access, for Free at Kooth. Please see information below:

**Kooth is also accessible 24/7 365 days of the year and provides access to quality counselling from BACP or UKCP accredited counselling professionals via a text based format from 12noon to 10pm on weekdays, and 6pm-10pm on weekends, providing a much needed ‘out of hours’ service. Kooth is accessible from any device that can access the Internet, allowing young people to seek help and support at a time and location that is suitable for them.**

**In addition to the counselling, Kooth provides a fantastic, safe place for peer to peer support through forums where all contributions are moderated before being posted. Young people can also access the Magazine and Articles section where they can read approved content from individuals in similar situations to their own or even write their own articles.**

A video introduction to Kooth can be viewed here [Kooth Video](https://vimeo.com/318731977)

**If you would like to find out more information as a parent about both services, we are hosting sessions via EventBrite and you can sign up** [**here**](https://t.co/6RA9GYAyTR?amp=1)

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