



Dear Parent/ Carer,

Over the coming weeks your child may mention they have been made aware of a service called [Kooth](#). It provides early intervention mental health support to children and young people. Kooth works with schools and professionals across over 90% of the UK.

[Kooth.com](#) & [Qwell.io](#) offer free, safe and anonymous access to online wellbeing support and advice for children, young people and adults across Greater Manchester. Kooth.com is available for ages 10-25 and Qwell.io for ages 18+, to give young adults a choice between platforms.

The registration process is quick, anonymous and safe. Children and young people can access support, simply by registering at www.kooth.com and adults at [Qwell.io](#) using non-identifiable information.

With no thresholds, waiting lists or referrals required, you can access support for ANY issues you may be experiencing. On [Kooth](#), these may include; body image, self-esteem, bereavement, academic pressures, anger, anxiety, suicidal thoughts, self harm, friendships, sexuality, transition from primary to secondary school etc. On [Qwell](#), these may include: stress & anxiety, self-esteem, bereavement, family breakdown, substance misuse, cost of living concerns, suicidal thoughts, friendships, work related stress etc.

All our BACP (British Association for Counselling & Psychotherapy) qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm. Users can still message the team 24 hours a day to get a next day response.

There is also access to our fully-moderated support forums, self-help tools, and online magazine articles (written by our professional team and our young people) covering topics ranging from health and wellbeing, sport, technology, fashion etc. All content is pre-moderated before going 'live' on the site, allowing for young people and adults to offer and receive peer support in a safe and secure online environment.

[Kooth](#) delivers 1000's of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, [Kooth](#) gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled devices. Qwell also provides the exact same support for adults.

Please find a selection of Parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#) and If you have any questions or would like to discuss what [Kooth.com](#) can offer, please, simply email parents@kooth.com.