

Dear parent/carer,

Please find below a letter from Kooth about wellbeing support for students and families during the holiday period.

With the Summer break imminent, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides.

WE ARE STILL HERE.

Kooth Digital Health offers free, online therapeutic mental health and wellbeing support to young people and adults in Greater Manchester. Funded and endorsed by the NHS Greater Manchester Intergrated Care Board, our services remain available to you and your family over the summer period, offering 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device.

Dependant on age, Kooth Digital Health offers two ways that young people, parents, carers and adults can access safe, anonymous and free online mental health and wellbeing support-

Ages **10 - 25** via www.kooth.com 

Ages **18+** via www.Qwell.io 

Kooth and Qwell offer free access to online text-based practitioner chats, self help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer:peer communities.

With no threshold, waiting list or referral process for either service, Greater Manchester residents can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, bereavement, academic pressures, stress, anxiety, suicidal thoughts, friendships, sexuality, life changes etc.

The registration process is quick, anonymous and safe, simply by registering at www.kooth.com or www.Qwell.io using non-identifiable information

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 device. 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.

Kind Regards

Kooth