

Our Ref: LJM / SS

December 2019

Dear Parent/Carer

I am writing to inform you of a new counselling support system that is available to the students of All Saints. Kooth has been commissioned by Sheffield City Council and provides free, online counselling, support and advice for children and young people aged 11 to 18, and 25 if in care.

The support Kooth offer to children and young people includes:

- Children and young people are entitled to 12 hours of counselling. They can use Kooth as a 'drop in' service or book regular sessions with a named counsellor.
- Kooth counsellors are available 365 days a year, from 12pm to 10pm Monday to Friday and 6pm until 10pm at weekends.
- Emotional Health message forums. Within the forums children and young people discuss various emotional health related issues. The forums are hosted by a qualified counsellor and every post is moderated before it goes 'Live' onto the website. The forums are a great way to enhance young people's confidence and emotional well-being and another way children and young people can receive clinical support.
- 'Ask Kooth'. This feature enables children and young people to ask the counselling team anything that may be of concern to them. The team respond to these questions within 24hours and will provide appropriate support and advice.
- Online magazine. 80% of the magazine is written by Kooth users. They write articles about various topics. These range from emotional health, sport, technology, fashion etc. These are moderated before they go live onto the site.

For further information please visit: [www. https://www.kooth.com/](https://www.kooth.com/).

Yours sincerely



L May