

Dear parent/carer,

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

Kooth.com is still here to support young people during the summer holidays!

Kooth.com offers free, safe and anonymous access to online wellbeing support and advice for children and young people aged 10-26 in the Western Isles. The registration process is quick, anonymous and safe. Young people can access support, simply by registering at www.kooth.com using non-identifiable information.

With no thresholds, waiting lists or referrals required, children and young people can access support for ANY issues they may be experiencing. 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.

Kooth's 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.

Young people can also access 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. Everything on www.Kooth.com is pre-moderated before going 'live' on the site, allowing for young people 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.

Please find a selection of Parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#) and join our national webinar on parenting pressures during the summer holidays: [linked here](#).

If you have any questions or would like to discuss what [Kooth.com](http://www.Kooth.com) can offer, please email parents@kooth.com.

Kind Regards,

Kooth