



RUTLISH SCHOOL

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Headteacher: Ms L. Howarth

4th February 2021

Dear Parents and Carers,

Kooth Online Counselling Service for 11 – 22 years in Merton

The NHS wants to remind young people that an online service called Kooth is available for them in Merton, which can provide extra support during this difficult time.

Kooth is an online counselling and emotional well-being service for children and young people aged 11-22. Young people can search 'Kooth' or visit kooth.com and get support for anything that's on their mind.

The service was introduced following feedback from young people that it is something they would find useful.

A short video has been produced for young people to example how Kooth can help – you and your child can watch it on YouTube at <https://youtu.be/VZrWmlBE3ss>

Urgent helplines for children and young people

There are also urgent helplines you or your child can call to talk about their mental health:

Mon to Fri 9am to 5pm

020 3513 5183

020 8547 6171

24 hours, 7 days a week

0800 028 8000

More information on Kooth

Accredited by the BACP, and as a trusted delivery partner of the NHS, Kooth has supported over 250,000 children and young people across the UK since 2004. For more information about the service, you can visit the XenZone website www.xenzone.com.

It's anonymous and free at the point of use. Children and young people can chat to professional counsellors, read articles written by young people, receive peer-to-peer support and keep a daily journal.

Qualified counsellors, therapists and support workers provide guided and outcome-focused support for each individual. Kooth is accessible through any connected device - young people can log on wherever they are to access professional counselling up until 10pm 365 days a year.

Yours sincerely,

Ms Doherty

Assistant Headteacher

