



Kooth: Online Mental Health and Wellbeing Support for Young People

Dear Parents and Carers,

This week, Year 6 joined a national transition webinar provided by the Kooth organisation. Kooth is a free, NHS and local authority funded service.

The national webinar we participated in focused on the emotional wellbeing aspect of transition, helping students to understand and process the emotions of this change. They also made children aware in this session of an online platform that also offers a broader range of wellbeing and mental health topics.

As you might be aware, resources for mental health support for children, who might need it at any point, are often stretched. Kooth was set up by the NHS to offer an anonymous, accessible, moderated, online platform for children and young people in Year 6 and above who might seek help and information for wellbeing and mental health at any point in the years to come. We are sharing with you the name of this NHS funded platform that has been signposted to us and is being shared with schools nationally.

Many thanks,

Year 6

