

Dear Parents/ Carers,

Over the coming weeks your child may mention they have been made aware by school of a service called Kooth.com. Commissioned by Suffolk Clinical Commissioning Group, Kooth.com is an online counselling, advice and support service for young people aged 11 - 25 within the local area. It provides a safe, secure means of accessing help via the internet from a professional team of qualified counsellors, youth workers and emotional wellbeing practitioners. Whilst your child may not need or use the service, as part of supporting our students, we are ensuring all children are aware of provisions in the area that could assist them, now or in the future. If you would like to view a video all about Kooth, please go to their homepage [www.kooth.com](http://www.kooth.com) or visit <https://vimeo.com/318731977/a9f32c87de>.

If you have any questions or would like to discuss what Kooth.com can offer, please address them to the school. If you would prefer to contact Kooth directly, there is a facility on the website ([www.kooth.com](http://www.kooth.com)) for you to submit any queries. There is also a Zoom webinar running on Wednesday 10th June at 10am if you wish to find out more. Please follow this link <https://zoom.us/j/92767053481> or simply go to Zoom online or via the free app and type in the meeting ID 92767053481.

Kind regards,

Sarah Clark

Integration & Participation Worker