



Dear School,

**Transitioning from primary to secondary school can be very unsettling for many young people with many mixed emotions. We want your students to know we are here for support should they need it.**

**Kooth.com** was established in 2001 and is a Free, Safe and Anonymous website for young people aged 11-18 commissioned by Humber Coast and Vale Health and Care Partnership.

Kooth can be accessed on any web enabled device 24 hours a day and is a safe and trusted place for young people to go to seek support with their mental health.

We provide a range of services to support young people's wellbeing. Our trained and qualified counsellors are available until 10pm each night, 365 days per year. We also host pre-moderated, age appropriate peer to peer discussion boards, live forums and articles all of which hold young person friendly information as well as therapeutic content.

**We are able to offer FREE online Kooth training to your staff team. If you would like any further information on how to arrange this, please get in touch with us.**

We would like you to feel confident in our service we are and how we protect all young people who use Kooth, so please find enclosed Safeguarding Information for 6 Teachers, Parents & Carers and a Parent & Carer letter which you may find useful.

We look forward to hearing from you soon.

Kind Regards

Andrew Poinen

Kooth Engagement Lead North Yorkshire

