

DISCOVER

kooth

PARENTS AND CARERS



Kooth.com is commissioned for young people across BwD. It is commissioned by the local authority and the Clinical Commissioning Groups (CCG). Kooth.com provides anonymous and personalised mental health support through self-help resources, peer forums and one to one text based counselling chats.

The session will help you to understand the signs and symptoms of stress and anxiety in your children, give some strategies to manage this and will help you understand what Kooth is and how it can support. There is the opportunity for Q & A.

To book on to one of the FREE sessions please contact your school, you will then be provided with a zoom link. The times and dates of sessions are as follows

Wednesday 27th October 11am-12pm

Monday 1st November – 6pm – 7pm

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:

12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

*Kooth is commissioned for young people in over 90% of England.

- BwD 10-18 (SEND and care leavers 25)
- Lancashire 10-16
- Cumbria 11-18

