

Dear Parent/Carer,

Please see the following details and a flyer relating to an organisation called Kooth, on the website or via this [link](#), that are offering free guidance and support to parents/carers and students on mental health and wellbeing issues. I hope you find this information useful and informative.

*"Hi there,*

*With another national lockdown upon us, there are likely to be a lot of young people who may struggle over the coming months and need some additional support.*

*Kooth is a free and safe online mental health and wellbeing support service for young people. We provide support to anyone aged 10-16, from online counselling to self help tools, to our community of young people offering peer support to each other.*

*We recognise that with the ensuing lockdown, students will be spending more of their time at home with their families. This is why we would like to extend our offer of Kooth sessions for students' parents and carers, so they can hear from us how and why Kooth can be an appropriate support for their children.*

*We kindly ask for school staff to promote these sessions out to your parent and carer networks, as this is a valuable opportunity for them to directly ask us as a service any questions they have around safety and access to the Kooth site.*

*We have four dates scheduled for these parent/carer sessions: Tuesday 24th November, Thursday 3rd December, Monday 7th December, and finally Wednesday 16th December.*

*You can find all the details on the poster attached below, including times and links to register for the sessions. Please do send this poster out as it contains all the necessary information about these sessions.*

*If you have any questions, thoughts or concerns, feel free get in touch with myself or my colleague at [omurphy@kooth.com](mailto:omurphy@kooth.com) and [hhook@kooth.com](mailto:hhook@kooth.com)*

*We look forward to hosting these sessions, and thank you in advance for helping us to promote them with parents and carers in your local area.*

*Kind regards*

*Ophelia"*

Thank you  
Kind regards

Mrs Angela Wilson  
Deputy Headteacher  
Balshaw's CE High School  
Church Road  
Leyland  
PR25 3AH  
Tel: 01772 421009

**Your Word is a lamp for my feet and a light on my path. (Psalm 119, vs 105)**