

DISCOVER

kooth

PARENTS & Carers of
years 5 & 6 children



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.com is commissioned for young people across Lancashire. It is commissioned by 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.

*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

To book on to one of these FREE sessions for year 5 & 6 please contact your school, you will then be provided with a zoom link. The times and dates of sessions are as follows

Thursday 25th November 10.45-11.45am

Wednesday 8st December – 6pm – 7.pm

