



Dear Parents & Carers,

We emphasize how it may have been difficult in the past few weeks for you and the young people in your household. This month is Stress awareness month, at Kooth we want young people to be able to cope and manage their perceived stressors.

You may have heard your child mention **Kooth** through information they have received from their schools, but we wanted to reach out and let you know about the service so that, should your child need a bit of extra support, you can help support and signpost them to our service.

**Kooth** is a **free, anonymous** and **safe** online mental wellbeing community for children and young people, aged 10 to 25. This service is funded by South Tyneside CCG.

We have a range of different features that support our service users:

- Content featuring articles written by users
- Discussion boards
- Mini activity hub
- Log and track personal goals
- Reflection on personal journals
- Chats (text based) with our friendly team of qualified professionals up to 10pm each night, 365 days per year.

**Kooth** is easily accessible and young people can sign up or login into the service by going to [www.kooth.com](http://www.kooth.com)

We have set up Eventbrite sessions with one of our team, specifically for parents and carers across North and South Tyneside, so we can introduce you to **Kooth** and give you the opportunity to ask any questions you may have.

The events have been scheduled for:

Friday, 9 April 2021 16:30

Thursday, 29 April 2021 16:30

You can sign up to attend either session by following this link ([CLICK HERE](#))

If you can't attend the session but have further questions, please speak to your child's school, through who we can provide any further information needed. We hope this information has been useful, and we hope to see some of you at the session.

Kind Regards,

**Jaskaran Soomal**

***Kooth Engagement Lead***



A yellow graphic with a white wave-like bottom edge. It contains the Kooth logo, the text 'Stress Awareness Month', a tagline, and a call to action. An illustration of two people climbing a hill is on the right.

**kooth**

**Stress Awareness Month**

No problem is too small at Kooth

Sign up at [Kooth.com](https://www.kooth.com)