

'A Caring Christian Family Where We Grow Together'

Bunbury Aldersey CE Primary School

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Dear parent/carers,

On Friday, Year 6 had an online assembly led by Kooth which is an online therapeutic support in Cheshire East. The service is funded and endorsed by the NHS and Cheshire & Merseyside IBC, allowing for completely free access to all schools and services working with young people in the area.

Kooth offers free access to online counselling, support and advice for children and young people (CYP) aged 11-18 across Cheshire East.

There is no threshold, waiting list or referral process. Children and young people can access support for ANY issues they may be experiencing. These may include; Body image, self-esteem, bereavement, academic pressures, anger, anxiety, friendships, transition from primary to secondary school etc.

The registration process is quick, anonymous and safe. CYP can access support, simply by registering at www.kooth.com

Kooth's qualified therapists are online 365 days a year. Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm.

As well as chatting to therapists on the Kooth text based counselling service, young people can message the Kooth team 24 hours a day and access fully-moderated support forums, online magazine articles and other self-help tools. 80% of the magazine is written by Kooth users and every young person can write articles on a huge range of current topics ranging from emotional health, sport, technology, fashion etc. Everything on www.Kooth.com is moderated before going 'live' on the site allowing for young people to offer and receive peer support in a safe and secure online environment.

Kooth delivers 1000's of counselling sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring Children and Young People can access free support when they need it, in a way that they find comfortable to access, via internet enabled devices.

If you have any questions on this new support service, please speak to a member of staff in school.

Thank you for your continued support,

Miss Hickson

Year 6 Class Teacher

Deputy Principal

