



24 May 2021

Dear Parents, Carers and Students

Support for Wellbeing

As a school we continue to support student wellbeing both within school and through external organisations. Membership of the Wellbeing Hub and access to Bromley Y are two examples of this. We have also worked with Kooth. Kooth is designed to support the wellbeing and resilience of young people and is available to 10–25-year-olds in South East London.

Kooth is running **free** online parent information sessions in June. The sessions are designed to help you understand how Kooth can support your child with their mental health and wellbeing. They also will be showing the support available to all adults such as yourselves on their adult service Qwell.io

Each session will cover:

- A Presentation on Kooth
- A Live tour of the Kooth site
- An Introduction to Qwell
- An opportunity for Questions & Answers about both services

Please click on the registration link for the date/time you'd like to attend:

Please ensure you register for the webinar of your choice.			
Date	Time	Registration Link	Teams Link
Tues 15th June	5pm – 6pm	https://forms.gle/sVA7yr5m2NrA5DG B7	Will be sent to your email address
Fri 18th June	9.30am - 10.30am	https://forms.gle/oduGNpMAaSKadE 6U6	Will be sent to your email address
Weds 30th June	12.30pm – 1.30pm	https://forms.gle/HLDtxAe4fJAhKZem 7	Will be sent to your email address

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth, young people can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.



- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for kooth independently at www.kooth.com

To find out more visit www.Kooth.com & www.Qwell.io You also can view a short video about the service by following this link: [Kooth Video](#)

If you have any questions or would like to discuss what Kooth.com can offer, please either email myself or if you would prefer to contact Kooth directly, email parents@kooth.com

Further resources for parents are also available through SSS Learning. Please see the links below.

Tips supporting parent wellbeing:

<https://ssscpd.co.uk/education/parentsandguardians/your-mental-health-10-tips-for-parents/-/MHW1oTkyqTyhYGR5oJS5ZwNIZD==>

Tips for supporting your child's wellbeing:

<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/MHW1oTkyqTyhYGR5oJS5ZwNIZD==>

I hope we continue to work as a community to support wellbeing especially in what has been without a doubt a challenging time.

Yours faithfully

Rochelle Maxwell
Assistant Headteacher