



Notley High School & Braintree Sixth Form

Headteacher: David Conway MA MBA



4 June 2018

Dear Parents/Carers

Kooth Online Counselling Service for Students in Years 7 - 12

I write to inform you of assemblies that will take place for all students on Thursday 12 July 2018.

Tim Coombe from Kooth, will introduce kooth.com, a free, confidential, safe and anonymous way for young people aged 11 - 26 to ask for help from a team of highly qualified and experienced counsellors and support workers. This is a service that has been commissioned by Southend, Essex and Thurrock Clinical Commissioning Groups, for all young people who live in Southend, Essex and Thurrock to be able to access.

Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP).

The Kooth service provide:-

- Drop in chats with counsellors;
- Booked 1:1 chats with a counsellor;
- Themed message forums;
- Secure web-based email;
- Articles regarding mental health.

Further details of how to access the service can be found on the attached page, however this will be discussed during the assemblies.

If you have any queries, please do not hesitate to contact me via michelle.robbs@notleyhigh.com, or 01376 556363.

Yours faithfully

Mrs M Robb
Head of PDT, PSHE & Careers

“Working together, achieving together”

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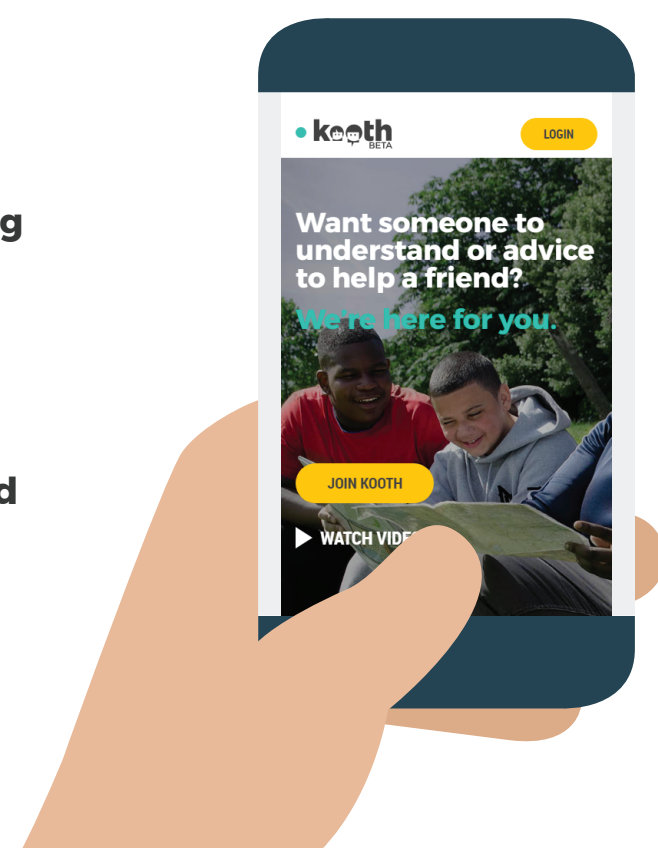
How to sign up to Kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.

Log on through mobile, laptop and tablet.



www.kooth.com

1 Click on the **Join Kooth** button located in the centre of the home page of the Kooth website

2 Choose from the drop down box the location you are in

The place I live is...

Choose

3 Click on the gender you identify with I am...

Male

Female

Agender

Gender Fluid

4 Choose from the drop down box the ethnicity that best fits you

My ethnicity is...

Choose

5 Add the month and year you were born

I was born in...

Year

Choose

Month

Choose

6 Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7 Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose

8 Click on the **Create Account** button to complete your registration

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team."

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