

Dear parent/carers,

Please find below a letter from Kooth about wellbeing support for students and families during the holiday period.

With the Summer break imminent, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides.

WE ARE STILL HERE.

Your child or young person can access [Kooth.com](https://kooth.com) for FREE, SAFE & ANONYMOUS support for their mental health. The registration process is quick and easy: simply select your location, month and year of birth, gender & ethnicity is optional, then create a username and password.

A large portion of our users on [Kooth.com](https://kooth.com) don't actually access it to speak with a professional. They are looking to develop their own independent skills to manage their mental health and stay mentally fit. A rainy day activity (let's face it, in Manchester, it's never far away from a rainy day) could be to sit and explore the wellbeing activities, articles or forums together.

If they do need to speak to us, it's a live, typed-out conversation with one of our practitioners. The support they receive is accredited by the BACP, ensuring they are receiving safe help and guidance. If they don't want to speak to us live, they can send us a message with a question, statement or looking for advice. We'll get back to them in the next couple of days.

[Kooth.com](https://kooth.com) is for anyone in Greater Manchester aged 10 -25.

In addition to [Kooth.com](https://kooth.com) in Greater Manchester, we also have our adult service, [Qwell.io](https://qwell.io).

[Qwell.io](https://qwell.io) is for anyone over the age of 18 in Greater Manchester.

Whether it's for you, your friends, family members or colleagues, you can access FREE, SAFE & ANONYMOUS support for their mental health.

Similarly to [Kooth.com](https://kooth.com), [Qwell.io](https://qwell.io) has access to self-help tools and resources, as well as live and non-live practitioner support via typed messages.

Both of these services are commissioned by the NHS in Greater Manchester, ensuring that quick, easy and accessible support for your mental health is available for CYP and adults across the region. People can create an account, explore for 10 minutes and never access it again. Likewise, people can access it daily. It's entirely up to you how you access it.

If you or your child need support this summer, please don't hesitate to speak with us.

Please find a selection of Parent/Carer resources that can be accessed using this link: [Parents/Carers resources](#) and If you have any questions or would like to discuss what [Kooth.com](https://kooth.com) can offer, please, simply email parents@kooth.com.

Kind Regards

Kooth