

Email template for schools and colleges to send to parents and carers:

Subject line: Immediate access to safe, wellbeing support for your child

Main body text:

Kooth is an online mental health and wellbeing service for children and young people. Here are some things to remember about Kooth:

- **It's free to use**
- **No bullying or discrimination can take place**
- **No kind of referral is needed to join**
- **Signing up and getting started only takes a few minutes**
- **No problem is too big or small**

Starting on the 15th of May and for Mental Health Awareness Week, Kooth will be releasing lots of new content and discussions around the topic of anxiety. This includes helpful content around coping with panic attacks, social anxiety and ways your child can cope with these difficulties.

How to join Kooth:

Whatever your child is going through, Kooth's team and online community can help. Your child can get started today by clicking here go.kooth.com/HeBa.

Support for you:

Kooth also has a service for adults called **Qwell**. To check if it's available to you click here go.qwell.io/qfaPEX

