



St Joseph's Roman Catholic High School

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Registered Charity Number: 1075795 | **Facebook/Twitter:** StJosephsRCHS

28 February 2018

Dear Parent/Carer

I am writing to inform you of an exciting new service offer of emotional health and wellbeing support to children and young people in Bolton and at St Joseph's.

We are aware that adolescents and young people needing appropriate emotional health and wellbeing support and guidance (but not quite requiring CAMHS intervention for Mental Health Disorder) have found it difficult to be supported. It is believed that about half of all mental health concerns with adults, starts to develop before the age of 14.

Kooth.com is an online counselling and emotional wellbeing service for children and young people which is free at the point of access. The early intervention service criteria are as follows:

Any young person aged between 11 and 25 years of age that lives or is registered with a GP within the Bolton area.

Kooth not only offers access to a variety of self-help materials and moderated peer forums, it also offers 1 to 1 text-based support through drop-in or pre-bookable counselling sessions with accredited counsellors, therapists and support workers at the following times:

12pm to 10pm: Monday – Friday

6pm to 10pm: Saturday and Sunday

The BACP accredited counsellors can support young people with a wide range of issues, from low mood, family or friendship problems, to issues around gender identity, self-harm, eating disorders, anxiety and depression. The service is suitable for young people awaiting a referral or intervention from CAMHS, or for those who would not meet CAMHS criteria, who may just need support, advice and guidance.

The service can be accessed through any smart phone, tablet or computer as it is web based not app based and requires the following registration information from the young person:

- **Username and Password**
- **Gender**
- **Area of residence (Young people will be required to select 'Bolton' from the first drop down list and then their area of residence within Bolton from the second list.)**
- **Birth month and year**





Due to the service being anonymous for children and young people to use, they are not required to provide any specific personal details. Please be advised that the service has a robust safeguarding protocol and connects with Bolton's safeguarding systems if any concerns arise.

As part of the service commissioned with Xenzone, will be a dedicated Integration and Participation Worker who will actively promote and engage with local services to ensure that young people who access Kooth are connected to appropriate and relevant services within the Bolton area.

Kooth will also be working closely with St Joseph's to offer assemblies on Kooth and exam stress for Year 11. They will also offer support around anti-bullying, stress and mental health during our curriculum enrichment days to support staff and our pupils.

Yours sincerely

M.Singleton

Mr M Singleton
Assistant Headteacher