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Dear Parent/Carer,

SSSC have been working in collaboration with Kooth BACP accredited service & are pleased to inform you that a member of their staff team will be delivering a school assembly on the topic of positive mental health on the 15<sup>th</sup> June 2026.

Kooth.com is a free and anonymous online platform which has been commissioned by the NHS derby and Derbyshire Integrated Care Board to help young people with their mental health and wellbeing from ages 11-25. It is a welcoming space for your child to safely explore their feelings. They can anonymously talk to other people their own age on moderated discussion forums, and chat to mental health professionals via messaging. They are a BACP – accredited digital mental health service. Their team of professionals are trained to offer clinically-safe advice while lending a supportive ear for whatever your child is facing.

Kooth does not require a GP or school referral. There are no waiting lists or thresholds to meet. All your child needs to do is register with an anonymous username to get immediate access to support. With no long waiting times or referral process, Kooth is a fantastic way for young people to get help and support they need, when they need it.

The assembly will cover what mental health is, some examples of things that can impact our mental health, how young people can access Kooth, and what this support might look like. They encourage young people to talk to the trusted adults in their lives and reach out to you for support, but they also speak to them about Kooth as a safe, clinically-governed option should they wish to access support anonymously for any reason.

You may wish to look at the following pages for more information:

Connect.Kooth – resources for families

<https://connect.kooth.com/for-families>

Connect.Kooth – Our Service: for young people

<https://connect.kooth.com/young-people>

Connect.Kooth – FAQ's

<https://connect.kooth.com/FAQs>

Should you have any questions or worries please do not hesitate to get in touch with Mrs Moody, Family Liaison Worker or one of the pastoral team on the school number.

Kind Regards

Danielle England  
Headteacher

Headteacher Mrs D England



POTENTIAL



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Awarded by Arts Council England



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