

The Ramsey Academy, Halstead

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Headteacher:
Rob James

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Dear Parent/Carer

Kooth Online Counselling Service

As a school we try and support students who need support with emotional wellbeing needs and as part of this will be introducing Kooth.com to our students.

Kooth.com is 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 & Thurrock Clinical Commissioning Group for young people.

Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK, having won a number of prestigious awards.

It is designed to help young people, many of whom would never have access to face-to-face counselling.

Kooth service includes:

- Themed message forums;
- Secure web-based email;
- Articles regarding mental health.

A Kooth Representative will be holding assemblies for all our students during the morning of Tuesday 17 April 2018. Students will have an opportunity during this assembly to find out about Kooth in case they wish to use their help in the future.

Please do not hesitate to contact the House Team if you have any queries.

Yours sincerely

K Riddleston
Assistant Headteacher