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8 April 2020

Dear Parent/Carer

### **Free online mental health support service launched to help children and young people in Hull, East Yorkshire and North Lincolnshire**

A free online mental health and emotional wellbeing support service has been launched to help children and young people living in Hull, East Yorkshire and North Lincolnshire.

People aged between 11 and 25 in these areas can now register to use Kooth, a free, anonymous online counselling and emotional wellbeing service which can be accessed using a computer, smartphone or tablet device.

Children and young people can access Kooth, which is accredited by the British Association for Counselling and Psychotherapy, to receive one-on-one online sessions with qualified counsellors, receive and provide peer-to-peer support through moderated online forums, and read and contribute articles.

Kooth can also be used to keep an online journal and track your wellbeing via an interactive goal tracker. There are no waiting lists or thresholds for use, so people can use the service as soon as they register.

Kooth - created by XenZone, the UK's largest provider of online mental health services - has been commissioned for use in Hull, East Yorkshire and North Lincolnshire by the Humber, Coast and Vale Health and Care Partnership.

The Partnership is made up of NHS organisations, local councils, health and care providers and voluntary and community organisations, which are working together to improve health and care across Humber, Coast and Vale - an area which includes the cities of Hull and York and large rural areas across East Yorkshire, North Yorkshire and Northern Lincolnshire.

At a time of heightened stress and anxiety due to the ongoing coronavirus situation, it's really important that we take steps to manage our mental health and emotional wellbeing, and also look out for others. We encourage parents, carers and teachers to promote Kooth to the children and young people in their lives and support them to access this safe online service.

Visit [kooth.com](http://kooth.com) for more information.

Our very best wishes

The Leadership Team

