



## SUPPORT FOR CHILDREN AND FAMILIES

1.4.2021

Dear parents and carer,

We know that times have been challenging recently for many children and adults over this last year. Returning to school has been positive for most families however we know some will still be facing challenges and additional pressures.

Please find information below in relation to support services for adults and older children. The platforms offer free, safe and confidential wellbeing support, resources and counselling for anyone in the county with no need to be referred.

Please take good care,

Zoe Avastu  
Headteacher

### **Kooth and Qwell** (mental health services for older children, young people and adults)

The platforms offer free, safe and confidential wellbeing support for anyone in the county with no need to be referred and complements existing support available. Users create their own pseudonymised accounts to access a range of support and tools including;

- pre-moderated peer support discussion boards
- online resources including articles and forums on a wide range of topics
- confidential webchat and messaging options with qualified counsellors
- signposting to local agencies and organisations

There are 2 platforms available 24/7;

- Kooth (<https://www.kooth.com/>) which is for those aged between 11 – 18 years
- Qwell (<https://www.qwell.io/>) which is for those ages 18 years and above