

Dear Parent/Carer,

Kooth Digital Health offers access to online Mental Health and Wellbeing support for children and young people aged 11 to 25 across Barnsley. The service is funded and endorsed by the NHS South Yorkshire Integrated Care Board, allowing for completely free access to all schools and services working with young people in Barnsley.

There is no threshold, waiting list or referral process. Children and young people can access support for any issues they may be experiencing. These may include; body image, self-esteem, bereavement, academic pressures, anger, anxiety, loneliness, friendships, identity, transition from primary to secondary school and anything else that may cause them distress.

The registration process is quick, anonymous and safe. Students can access support, simply by registering at www.kooth.com.

Kooth's qualified therapists are online 365 days a year. On Monday to Friday, from midday until 10pm and on weekends, 6pm until 10pm.

An Engagement Lead for Kooth is working with our staff to deliver training on all aspects of how Kooth works and supports our students and families. As well as all students having the opportunity to hear much more about the service, a range of physical and digital promotional resources are being used around the academy to promote the service and remind students that Kooth is there to help 24 hours a day, 365 days of the year.

In an effort to expand your understanding of the service, I have included a selection of parent/carers resources that can be accessed using this link: [Parents/Carers resources](#).

Our commitment to supporting all aspects of our students' wellbeing is enduring here at Darton Academy, and we are proud to be able to work so closely with the Kooth Team to provide this valuable support. If you have any questions on this platform, please email info@dartonacademy.org.uk or if you would like to contact Kooth directly, simply email parents@kooth.com.

Yours faithfully,

Mr D Kilner

Assistant Principal