

Dear parent/carer,

Please find below a letter from Kooth about wellbeing support for students during the upcoming exam period.

With exams on the horizon for students, we feel it's important to highlight the support available to students throughout this time. We have shared a video about managing exam stress with your child's education setting, helping them identify ways to cope with the pressure they or their peers may face. If you would like to view the video, [you can do so here](#). We also shared a guide around managing exam stress, [which you can view here](#).

This letter for yourself is just to highlight the support available on Kooth for young people in Greater Manchester. Anyone aged 10 - 25 can register for a free, anonymous account and have a text-based conversation with a mental health professional. There are no thresholds to meet in order to access the service, and no referral is required.

We know young people still face barriers to accessing support for their mental health: stigmas such as feeling embarrassed, weak or being judged are common reasons. Being able to access support anonymously can sometimes help people overcome these.

A positive reminder about exams: the pressure, stress and workload students face is short-term and will not last forever.

Kooth Digital Health offers free, online therapeutic mental health and wellbeing support to residents of Greater Manchester. Funded and endorsed by the NHS Greater Manchester Integrated Care Partnership, Kooth and Qwell offers 'on the day' wellbeing support from the comfort of your own home, via any web-enabled device.

Kooth is available to anyone in Greater Manchester aged 10 - 25, and can be accessed freely by registering an account on [Kooth.com](https://kooth.com). Qwell, our adult service, can be accessed freely by anyone in Greater Manchester aged 18+, by registering an account on [Qwell.io](https://qwell.io).

Kooth and Qwell offer free access to online text-based practitioner chats, self-help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer-to-peer communities.

With no threshold, waiting list or referral process for either service, Greater Manchester residents can access support for ANY issues they may be experiencing. These may include; body image, self-esteem, bereavement, academic pressures, stress, anxiety, suicidal thoughts, friendships, sexuality, life changes etc.

The registration process is quick, anonymous and safe, simply register at www.kooth.com or www.Qwell.io using non-identifiable information

Kooth delivers thousands of online wellbeing sessions each year in Local Authorities across the UK. As 50% of referrals to CAMHS are unfortunately deemed inappropriate to their criteria, Kooth gives schools, professionals and families an alternative way of ensuring children and young people can access free support when they need it, in a way that they find comfortable to access, via any web-enabled device. Qwell also provides the exact same support for adults.

Please find our parent and carer explore site here: <https://connect.kooth.com/for-families>. If you have any questions or would like to discuss what [Kooth.com](https://kooth.com) can offer, please, simply email parents@kooth.com.

Kind Regards

Layla, Rachael and Ryan (The Greater Manchester Kooth Team)