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15/01/2019

Dear Parents

### **Online Counselling and Supported Self Help from Kooth.com**

We are pleased to announce that Wigan CCG have invested in a service for all Wigan children and young people aged 11-19 years to support emotional health and wellbeing.

[Kooth.com](http://Kooth.com) is a free, safe, confidential and non-stigmatised online counselling service for young people offering advice and support on-line.

The counselling service is offered from 12pm noon to 10pm Monday to Friday and 6pm to 10pm at weekends. Kooth gives an alternative way of ensuring children and young people can access free support when they need it.

A range of information and self-help tools are available on-line via their website for children and young people to access themselves 24 hours a day, 7 days a week.

The service is also being offered through the school and we feel it is important that you know about Kooth.com and understand what it can offer. For further information please visit the website [www.kooth.com](http://www.kooth.com).

Yours faithfully

A handwritten signature in black ink, appearing to read "Mrs Westwood". The signature is written in a cursive style and is positioned to the left of a vertical line.

Mrs Westwood

Assistant Head teacher