



BEDFORD CATHOLIC SCHOOLS
ST THOMAS MORE TEACHING SCHOOL

ST THOMAS MORE SECONDARY SCHOOL
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Friday 19th July 2019

Dear Parents / Guardians,

Below you will find information on a new online counselling and emotional well-being service for children and young people which has been commissioned by the local NHS and Local Authorities. The service is called [Kooth](http://www.kooth.com) and is provided by XenZone, an online mental health pioneer.

[Kooth](http://www.kooth.com) is available for young people aged 11-19 living in Bedfordshire, Luton and Milton Keynes. Children and young people can chat online to professional counsellors, read articles written by young people, join forums to receive peer-to-peer support, access self-help materials and keep a daily journal. Regular forums cover topics ranging from exam stress and anxiety to eating disorders and grief.

If your child needs a bit of extra support, is worrying about the future or is experiencing difficulties at school or at home, please do encourage them to use this new anonymous and free service. Young People can sign up to the service via their laptop, tablet or smartphone and can access self-help materials, articles and forums linked to emotional wellbeing at www.kooth.com

You can also find information and links to [Kooth](http://www.kooth.com) from our website www.st-thomasmore.org.uk.

Yours faithfully,

Martin Bonner
Head Teacher

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Diocese of Northampton

