



Guru Nanak Multi Academy Trust Ltd

Incorporating:
Nanaksar Primary School &
Guru Nanak Sikh Academy
Founder – Sant Baba Amar Singh Ji

8th June 2021

Dear Parent

Kooth: Counselling Support Services

More and more young people are struggling to cope with their mental health. Good mental health is fundamental to be able to thrive in life. If we are not tackling mental health problems early, then we risk failing the next generation right at the start of their lives.

As of 1st June 2021, all 11-25 year olds throughout West London will have access to **Kooth**. Kooth.com is an anonymous, safe, confidential and non-stigmatised way for young people aged 11-25 to receive counselling, advice and support online. Kooth is a service in which GNSA has worked with very closely over the last few years and have delivered assemblies in promoting mental health and wellbeing within the school.

It is fully commissioned by the North West London Collaborative, therefore free for young people to utilise. During this difficult time, it is a necessity to provide young people with as much mental health and wellbeing support as possible.

Kooth is not a stand-alone service. We work alongside other mental health and local services such as GP's, CAMHS and other youth services to provide a fully integrated service to best support young people.

Kooth is:

- Kooth is **free, safe and anonymous** - Safeguarding is our priority.
- Available through a smartphone, tablet or computer with internet connection.
- Free at the point of need.
- No referral needed.
- Work alongside other mental health and local services.

Features:

- Confidential 1-2-1 messaging counselling services with Kooth's team of qualified counsellors.
- Open 365 days a year with counselling from 12:00pm until 10:00pm weekdays and from 6:00pm until 10:00pm on weekends.
- Kooth Forums – professional support and peer-led support on a range of mental health and wellbeing topics.
- Kooth Magazine – where young people and professionals publish or contribute to written pieces on mental health and wellbeing.
- Kooth Journal – Young people can track each day how they are feeling throughout the week.
- Kooth Mini Activities – Mental health and wellbeing activities to help young people.

Toot Toot Reporting Platform & School Website:

Please remember that each student at GNSA has access to 'Toot Toot'. This is an anonymous reporting platform for students to report ANY concerns or worries they may have.

Toot Toot connects directly to the GNSA Safeguarding Team and will receive a reply directly. If a student needs their password to be reset, please email it@gnsa.co.uk and include your child's full name and form.

Please also remember to visit the school website and check out the '**Safeguarding and Wellbeing**' sections which display a number of useful links and information for parents and students. Please see link below:

[Safeguarding and Wellbeing Link](#)

Yours faithfully



Mr T Perryman
Assistant Principal