

Kooth online support for Students

Here at Hobart High School we are committed to supporting the wellbeing of all are students. We are therefore delighted to inform you about a service to support the wellbeing and resilience of our students that is now available.

Kooth provides a safe, secure means of accessing help via the internet.

By accessing Kooth students can benefit from:

- **A free, confidential, anonymous and safe** way to receive support online.
- **Out of hours' availability.** Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- **Online Counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- **Discussion Boards** which are all pre-moderated allow young people to access peer to peer support.
- **Online Magazine** full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- **No referral** is required. Young people can register for kooth independently at www.kooth.com

To use the service or find out more visit www.Kooth.com

You can also view a short video about the service by following this link: [Kooth Video](#)