



Circa 1492

# Ermysted's Grammar School

Headmaster: Mr M J Evans

7 February 2022

Dear Parents and Carers,

## Online Counselling and Support Self Help Service – Kooth

Pastoral care remains an essential element of our provision at Ermysted's and, to coincide with Children's Mental Health Week, I write to provide you with information of a service which may be of use for your son.

Kooth is commissioned by Bradford and Craven Clinical Commissioning Groups and is a digital, free, safe, confidential and non-stigmatised online counselling service offering advice and support for young people aged 10-18 within our local area. Kooth provides a secure means of accessing help via the internet from a team of professional counsellors.

The text-based 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 online via the website for pupils to access themselves.

Whilst I appreciate your son may not need or use the service, as part of the School's commitment to support our pupils, we are ensuring all pupils are aware of provision in the local area that could assist them now or in the future.

For further information please visit the website [kooth.com](http://kooth.com) or you can contact the team using the following email address: [parents@kooth.com](mailto:parents@kooth.com).

I would also like to remind you of the methods in which pupils can access support from the Pastoral team in School. They should remember '*Talk, Type, Text*'. An additional email address for pupils to share pastoral concerns has also been created as a result of feedback received from recent pupil surveys. Pupils can use [concern@ermysteds.uk](mailto:concern@ermysteds.uk) to reach out to someone in school.



**Someone in school**  
**'Report a concern'**  
**07544 239770**

If you wish to discuss any pastoral concerns, please contact your son's form tutor or Head of Year.

If you would like to discuss any of the content from this letter, please do not hesitate to get in contact with me directly.

Yours sincerely,

**Adam Jackson**  
Deputy Headteacher