6th January 2021

  

**Re. Supporting Mental Health and Wellbeing - Digital Mental Health and Wellbeing Platforms for ages 10+**

Dear Parents and Carers,

Kooth is a free, safe and anonymous online platform designed to help support the mental health and wellbeing of children and young people aged 11-25. Anyone who lives within Solihull and is aged 11 or over can sign up to explore and access the platform which offers;

* A Magazine – helpful articles, stories and personal experiences and tips from the Kooth community team.
* Discussion boards
* Chat feature –send a message or live chat with to a team member about anything on your mind. Kooth’s support team include qualified counsellors and emotional well-being practitioners.
* Daily journal and wellbeing/mood check in log.
* Signposting to other sources of support

We’ve had access to Kooth in the Borough for the last two years and it has had a great uptake as well as positive feedback from both parents and children, particularly around the approaching transition to secondary school. You can find out more at <https://www.kooth.com/>

Alternatively, the NHS have now rolled out ThinkNinja for both Android and Apple devices.

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. Tools specific to supporting young people as they navigate the COVID-19 pandemic have also been added.

More information is available here: [https://www.healios.org.uk/services/thinkninja1](%20https%3A/www.healios.org.uk/services/thinkninja1)

If you are at all worried about any aspect of your child’s wellbeing or mental health, please come and talk to us or further information can be found at:

If you have a Solihull GP:

<https://www.bsmhft.nhs.uk/our-services/solar-youth-services/>

If you have a Birmingham GP:

<https://www.forwardthinkingbirmingham.org.uk/>

If you have a Coventry or Warwickshire GP:

<https://cwrise.com/>

Other useful information, resources and contacts can be found at: <https://youngminds.org.uk/>

Yours Sincerely

Mrs Gray

SENDCo