



Online Mental Health and Wellbeing Support for young people

Dear Parents and Carers,

A member of the Soluna by Kooth team will be visiting our school soon to give an assembly on mental health and the support that's available. Ahead of their visit, we wanted to share a bit about what Soluna is and how it works.

Soluna is a free, online mental health platform for young people, developed by Kooth, a trusted provider with over 25 years of experience. In partnership with the NHS, local councils and education settings, Soluna brings useful resources and safe, BACP-accredited one-to-one text chat with qualified mental health practitioners, to children and young people across the UK.

Young people use Soluna for everyday issues that might affect their mental wellbeing, including friendships, exam stress, anxiety, low mood, and bullying.

There's no cost, no need for a referral and no thresholds to meet. Your child can access it confidentially from any phone, tablet or computer, as a mobile app or through our website.

What Soluna offers:

- Accredited one-to-one text chats with real professionals (not chatbots)
- Age-gated content that carries the PIF TICK quality mark, showing it is evidence-based, up-to-date, and easy to understand
- A safe, pre-moderated peer community

One-to-one text chat sessions are available midday to 10pm on weekdays, and 6pm to 10pm on weekends. Young people can book them in advance or request them on the day they want to chat. Soluna forms part of the school's wider mental health support provision.

For more information on the service, visit SolunaByKooth.com

If you have any questions or would like to discuss what Soluna can offer, please address them to the school. If you would prefer to contact Kooth directly, simply email parents@kooth.com.

Kind Regards

Lauren Finn

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