



**St David's**  
Primary School Germany

**22.11.22**

**Subject Line: Mental health and wellbeing support for your child**

Dear Parents

We are aware that many of our pupils can go through various challenges and difficulties with their mental health and wellbeing throughout their time at school. We would like to help ensure your child is aware of how they can access mental health and wellbeing support whenever they need it.

The MOD has commissioned Kooth for children and young people, of MOD families, aged between 11-19 years of age. Kooth is a free, safe and anonymous digital mental health and wellbeing service that provides access to mental health and wellbeing support year-round.

Kooth is a BACP accredited service (British Association for Counselling and Psychotherapy) and is a trusted support provider of the NHS. So you can trust them.

The support options include:

- Live chat or messaging with qualified mental health practitioners
- Moderated community support from other children and young people
- Self help tools and activities
- Helpful articles

It's also worth noting that:

- No GP referral is required to join Kooth. Your child can self-refer at anytime
- Your child will be anonymous
- Kooth is free and there are no hidden costs
- Kooth is safely moderated to ensure no bullying takes place.

**Your child can sign up today by visiting [kooth.com/mod](https://kooth.com/mod)**

E-mail [stdavids@modschoools.org](mailto:stdavids@modschoools.org)  
Tel: 0049 6371 42717

St David's Primary School  
UKNSE  
BFPO 109



St. David's School is a Ministry of Defence School.

If you need to talk about what's on your mind or find support with your mental health and wellbeing, you can:

- Live chat anonymously with a friendly mental health practitioner online at [kooth.com/mod](https://kooth.com/mod)
- For urgent support in the UK [click here](#)
- Consult with the CEP and/or your locally registered GP.

If you have any questions regarding any of this, please get in touch with the school.

Yours sincerely

St David's School