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Dear Parent/Carer

### **Digital Mental Health Services for Aberdeenshire residents**

From the **21<sup>st</sup> June**, children, young people and adults living in Aberdeenshire can access online digital services to support positive mental health and wellbeing.

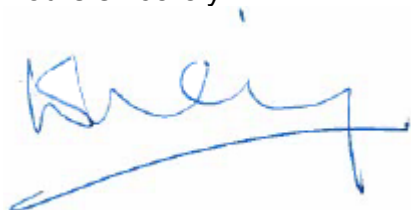
**Kooth** is a service for children and young people aged 10–18 years (up to 19<sup>th</sup> birthday) that offers a free online counselling and emotional well-being support service. It provides a safe and secure means of accessing support from a professional team of qualified professionals, as well as providing access to many self-help tools and content. To access please register using this link [www.kooth.com](http://www.kooth.com)

**Togetherall** provides support for young people and adults aged 16 years and upwards. Trained accredited professionals are available 24 hours a day, 7 days a week, meaning that any adult who may be struggling can chose from a range of safe therapeutic services at a time that best suits them. This service can be accessed by inputting your postcode at [www.togetherall.com](http://www.togetherall.com) and creating a completely anonymous user account.

I attach information summaries from both Kooth and Togetherall for your interest.

Your support in ensuring that children, young people and adults are aware of these services would be greatly appreciated.

Yours sincerely



**Laurence Findlay**  
**Director of Education & Children's Services**