



**Education Resources**  
Executive Director **Tony McDaid**  
**Head Teacher Dawn Laing, Kirklandpark Primary School**

If calling ask for: **D Laing**  
Telephone: **01357 520177**

Dear XXXX,

Last week I spoke with our Educational Psychologist to ask if she could provide any advice to help support the types of difficulties that XXX was experiencing.

She has suggested that KOOTH may be helpful. It is an online counselling service that has been commissioned by South Lanarkshire Council and can be accessed by children and young people aged 10 years and above.

There are also online CBT modules for adults to help children and young adults cope with anxiety. These are operated by NHS Lanarkshire Psychological Services and parents/carers can self-refer via the "How we can help you pages of Lanarkshire Mind Matters".

I have included an information sheet about KOOTH and hope that these two support mechanisms will be beneficial. Please don't hesitate to let us know if there is anything that we can adapt or do in school to help XXXX.

Kind regards

XXXX  
Head Teacher

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