

## Information For service users

### Joint communication from Kooth, Sandbox (ABL) and Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board:

As you may be aware the current contract for Kooth online services is coming to an end. There will be no new registrations to the service after Wednesday 23 August 2023 across Bath and North East Somerset and Swindon.

However, we are excited to introduce a new online service in Swindon starting from Sunday 1 October called Sandbox. This service has been designed to provide comprehensive digital mental health and well-being support for children and young people. Sandbox is the digital platform that ABL Health will be using as part of the new children and young people mental health service 'Be U Swindon' which also launches on Sunday 1 October. Details of the new service are below:

#### **Sandbox:**

- Sandbox is an online digital mental health and wellbeing service for children and young people.
- Sandbox has a range of evidence-based therapeutic interventions from very early self-help, forums, blogs and videos, to games encouraging mild cognitive behavioural therapy (CBT) techniques.
- Access to qualified and experienced counsellors through chat rooms and one to one interactions.
- Resources are tailored to various age groups, including under 10s.

Current users of the Kooth system will receive a standard message explaining the change in provider. Those who are in a structured chat will be informed within their counselling session with practitioners, and Kooth will aim to end those sessions by the end of September. Those who are within the system and decide they want to drop into a session will be told that it would be a one-off session and would then be signposted to the new services.

#### **Signposting Swindon:**

In the meantime, while transitioning to Sandbox, you can access support from -

- Swindon Local Offer - [Swindon Local Offer - Mental health support for children and young people](#)
- TaMHS – 01793 463 177
- Barnardo's Mental health support team 01793 957 900

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In Bath and North East Somerset there will be a review of the current mental health services and we will keep you updated with the offer for this area.

In the meantime, you can access support from -

- [Bath Mind](#)
- [Off the Record](#)

➤ Oxford Health CAMHs

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Integrated Care Board**