



Kooth Newsletter - September 2022

Welcome to the September edition of the Kooth newsletter and to the new academic year 2022/23.

As you may know Kooth is here to support your emotional and mental health and wellbeing offer for young people throughout the school year. Every month we will continue to share up to date resources, posters, leaflets, and webinars to help you and your team ensure young people understand Kooth and the support we offer.

As young people return to school, in some cases start a new school we know that this can cause anxiety for some, Kooth can be there for them as an additional source of help and information alongside you.

Resources

Please see below some resources for you to share to raise awareness of the free, safe and anonymous support available to your students and young people. You can find more resources, including digital assets to share on your social media pages, at promote.kooth.com

- Kooth Mixed Feelings about returning to school [A4 Poster](#)
- Kooth's Guide to managing back to school or college anxiety [Guide](#)
- Support pack for Settling into student life [Click here](#)
- Support pack for starting university [Click here](#)

Reach Out

Please reach out to your local Kooth Engagement Lead if you have any questions, would like to order resources, or are interested in booking any Kooth sessions for your staff or young people:

Tanjima Akther - takther@kooth.com



Support for Schools - Back to School Workshops

This workshop will support Year 7 pupils with settling into secondary school. Use the link below to register.

<https://www.eventbrite.co.uk/e/kooth-year-7-starters-workshop-tickets-301497636547>

16th 23rd and 30th September 2022

Support for Schools - Planning for Academic Year 2022/23

If you are planning your timetable for the year, we can also help now to embed our offer longer term, we are running a webinar for teachers:

Monday 26th September 2022

A webinar for education professionals, that may include pastoral staff, mental health and PSHE leads, school counsellors, or just for your own class.

Our Engagement Leads will go through the latest updates on Kooth and how you can embed this support in your mental health and wellbeing offer throughout the year: sign up [here](#).

You can also use this Checklist to support how you embed Kooth into your school timetable this year [school checklist](#)

Information for parents / carers

Kooth's London and Southeast team offer monthly information sessions for parents & carers interested in finding out more about Kooth services. Please provide the link below to parents/carers. Kooth can also provide letters for schools to share with parents / carers explaining what Kooth is and that their child may hear about it through school as a support for them should they need it. Please contact your Kooth Engagement Lead to request these letters and other support resources for parents.

The link for parents/carers to book the free information session can be found here:

14th September 2022, 6pm-7pm

<https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357>

World Suicide Prevention Day

10th of September

Sometimes life can feel heavy. It's okay to let others help you carry the load.



You can find digital resources for use across social media accounts for Suicide Prevention Day using the link below:

[World Suicide Prevention Day](#)