



It's **Movember** and
we're here to listen
without judgement

kooth.com



Kooth November 2022

Make Mental Health and Wellbeing a Global Priority

Welcome to the November edition of the Kooth newsletter. This month is packed full of awareness days and weeks with the month of Movember, Stress Awareness Day, and Anti-bullying week.

With this in mind, we have lots of support for you and your teams to help promote these events, days, and weeks. Reach out to your local Kooth Engagement lead for details of live and recorded sessions available to 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

- [Movember Resources](#)
- [National Stress Awareness Resources](#)

- [Anti-Bullying Week Resources](#)

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 students:

Tanjima Akther: takther@kooth.com

Kooth Secondary School Workshops

Mental health workshops for young men

It's Movember and Kooth are holding a series of mental health workshops for young men in Secondary schools throughout North Central London on the dates below:

Date	Time
Wednesday 16th November 2022	11:30am-12:30pm
Friday 18th November 2022	1:30-2:30pm
Monday 21st November 2022	9:30-10:30am
Tuesday 22nd November 2022	1:30-2:30pm

Kooth: [Register here](#)

Missed October's webinars?

Please reach out to your local Kooth Engagement Lead to see what recordings are available.

Tanjima Akther: takther@kooth.com

Information for parents / carers



Kooth information session for Parents and Carers

Find out how Kooth can help your child
with their Mental Health and Wellbeing.



Kooth's London and South East 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 November 2022, 6pm-7pm:

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



Anti-Bullying Week

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Anti-Bullying Week Webinar: 17th November 2022, 10am - 11am:

This webinar is for young people to find out how Kooth can support them as well as how to access the online practitioners to talk about dealing with bullying.

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

What's on Kooth - November 2022



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What's on Kooth in November

Wednesday 2nd November Live Forum Stress Awareness Day- Surviving stressful situations 7.30pm - 9pm	Friday 4th November Discussion Board November	Saturday 5th November Discussion Board Remember, Remember the 5th of November
Wednesday 9th November Discussion Board How Can We Be Kind Online	Friday 11th November Live Forum Kooth's Book Club- Tips for writing 7.30pm - 9pm	Wednesday 16th November Live Forum Self Care- Creating a self-soothe box 7.30pm - 9pm
Saturday 19th November Discussion Board International Men's Day	Monday 21st November Live Forum What is masculinity to you? 7.30pm - 9pm	Wednesday 30th November Live Forum Young Carers- Do you know your rights? 7.30pm - 9pm

Each month, [Kooth.com](https://www.kooth.com) has a range of events and discussions that young people can take part in. It's a safe space to voice their opinion and hear the opinions of others. They might give or receive advice from peers. Some of these topics might also be things to have a discussion about as part of tutor time, PSHE, etc.

Some little Kooth extras.....

Kooth beyond Kooth.com



Instagram:
[@kooth_uk](https://www.instagram.com/kooth_uk)



Spotify Playlists:
Kooth_UK



"Kooth Podcasts" on
Spotify & Apple

You can find Kooth on **Instagram**, as well as on **Spotify & Apple**

Kooth has a range of playlists, from Motivational Mondays to Pride Anthems, which you access on Spotify by searching Kooth_UK

Also, make sure to check out our latest **Kooth podcasts**.

Click the links to listen on [Spotify](#) or [Apple Podcasts](#)

