



**Mental health support  
for young people and  
adults in your area**



## February Focus

Welcome to February's Kooth & Qwell Newsletter for schools. This month we celebrate Children's Mental Health Week. There will be different discussion forums each day, offering you amazing resources to support students in your education setting.

### February Webinars:

**In honour of Children's Mental Health Week, your education setting can book onto 1 of 4 live 30 minute information sessions to stream in school/college:**

[Mon 6th - Thurs 9th Feb: various times and dates, please book here](#)

**Info session for Professionals to learn more about Kooth and Qwell:**

[Tuesday 7th Feb, 4-5pm](#)

### **March Webinars:**

**How Kooth Can Support Eating Disorders and Self Injury & Harm - for Professionals supporting young people**

[Tues 21st March, 4-5pm](#)

**How Kooth and Qwell Can Support Eating Disorders and Self Injury & Harm - for Professionals supporting young people or adults**

[Wed 29th March, 12-1pm](#)

**Kooth Information Session for Professionals**

[Wed 29th March, 4-5pm](#)

**Kooth and Qwell Information Session for Professionals**

[Weds 22nd March, 12-1pm](#)

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**There's more that connects us than divides us.**

Children's Mental Health Week 2023

**kooth**  
kooth.com

For Children's Mental Health Week this year (6th - 12th February),



**Kooth is doing something quite special**

We'll be running a new and carefully planned discussion forum for each day of the week. These discussions will allow young people to connect as they share their own tips and experiences around specific topics that are aimed to support their mental wellbeing.

**Safety is our priority:** All of our discussion forums are carefully moderated by our team to ensure no bullying or hate speech appears on the website.

**We need your help:** We'd really value your support in helping us spread the word on your schools social media channels and any other platforms you often use to reach your students.

We've created a **campaign page** that hosts everything you'll need to help us spread the word.

If you have any questions at all about how your school can get involved, please email [marketing@kooth.com](mailto:marketing@kooth.com).

[Children's Mental Health Week Campaign Page](#)

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To access the below **Discussion Boards, Collections** and **Live Forums** you will need to access via **Kooth.com** and **Qwell.io** - it's easy to set up your account if you haven't already done so:



## What's on Kooth in **February**

<b>Wednesday 1st February</b> Discussion Board <b>Welcome to LGBTQIA+ History Month</b>	<b>Wednesday 8th February</b> Live Forum <b>How has peer support helped you</b> 7.30pm - 9pm	<b>Saturday 11th February</b> Discussion Board <b>Are you feeling disconnected? Coping with feelings of loneliness</b>
<b>Monday 13th February</b> Live Forum <b>Let's talk about love</b> 7.30pm - 9pm	<b>Wednesday 22nd February</b> Live Forum <b>Having Boundaries: Friendships</b> 7.30pm - 9pm	<b>Friday 24th February</b> Discussion Board <b>What do you want professionals to know about Eating Disorders?</b>

The Kooth Promotion Hub is your one-stop-shop to view, share and download resources for Kooth and Qwell.

There's a wide range of materials to help you signpost to our services or simply learn more about how we support our service users.

AND... all the resources are **FREE**

Click the **below button** to navigate through our library of resources:

t block. You can use it to add text to your template.

[Click to visit our Promotion Hub](#)



We're also a trusted partner of the NHS, charities, local authorities, and businesses and are the only BACP (British Association for Counselling and Psychotherapy) accredited digital service in the UK.

## Parents and Carers Survey

We value your opinion!

Please encourage all Parents and Carers to complete our [Kooth Survey](#)



## Get in touch with us

To book a session with us or request resources, email Tanjima Akther

[takther@kooth.com](mailto:takther@kooth.com)