



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



Hello from Kooth

Welcome to March's Kooth Newsletter for schools, informing you of new developments, resources and exciting content coming up this month to support pupils at your education setting.

Kooth is the UK's largest digital mental healthcare provider, accessible to over 11m children and young people (11-25) through our Kooth platform, without thresholds or waiting lists. Our service blends immediate access to experienced online counsellors and wellbeing practitioners, alongside self-help tools and a pre-moderated active community with an extensive library of peer and professional created content.

Firstly, a massive Thank You from us!

Children's Mental Health Week provided a wonderful opportunity for schools and colleges to raise the profile of mental fitness and wellbeing, as well as reassure young people that there were support networks, such as Kooth, for those experiencing anxiety, sadness, eating or body issues.

Thank you to all of you who have signposted students to Kooth!

March webinars

Our webinars are designed for professionals supporting young people and/or adults. Click on the links to our upcoming sessions to find out more and reserve your free place.

For professionals supporting young people and/or adults:

How We Can Support Eating Disorders and Self Injury/ Harm:

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

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

General information sessions:

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

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

April webinars

For professionals supporting young people and/or adults:

Info session for Education Staff to learn more about Kooth and Qwell:

[Weds 26th April, 4-5pm](#)

How We Can Support Neurodiverse and SEND Users:

[Kooth - Thurs 20th April, 4-5pm](#)

[Kooth & Qwell - Weds 26th April, 12.30-1:30pm](#)

Your education setting can also book a 30 minute session to live stream to students in school/college:

Exploring Stress Session for Years 7-9:

[Tues 25th April, 1-1:30pm](#)

[Thurs 27th April, 10-10:30am](#)

Exploring Exam Stress Session for Years 10-13:

[Tues 25th April, 1:45-2:15pm](#)

[Thurs 27th April, 10:45-11:15am](#)

National Vimeo account

We have created a national Vimeo account for professionals to access recorded webinars focusing on a range of mental health topics.

[Click here to browse our available recordings](#)

Discussion Boards and **Live Forums** available via [Kooth.com](#) this March:



What's on Kooth in March

Friday 3rd March Live Forum Being together against discrimination 7.30pm - 9pm	Wednesday 8th March Live Forum Boosting confidence and resilience 7.30pm - 9pm	Tuesday 14th March Discussion Board Let's Celebrate Neurodiverse Minds!	Wednesday 22nd March Live Forum Coping with feeling left out 7.30pm - 9pm
Sunday 26th March Discussion Board Epilepsy Awareness	Wednesday 29th March Live Forum What stops you reaching out for support? 7.30pm - 9pm	Friday 31st March Live Forum Social Takeover: LGBTQIA+ 7.30pm - 9pm	

Whatever is on your mind, our team and community are here to listen.

New Kooth workshop release!

We have developed a brand new workshop which is available for free to all education settings. The workshop is designed for ages 12-16, focusing on recognising and building healthy relationships, and addressing misogynistic behaviours.

To book this workshop for your education setting, simply complete this quick form <https://forms.gle/HRkcU4JWYeYs6co27>. To ask for more information about this offer, please reach out to your local Engagement Lead.

We want to hear from you

We'd love to capture your feedback to help us better serve young people.

The below survey takes less than 5 minutes to complete and will be open until the 26th March 2023. Please share with other professionals in your area that signpost to Kooth, your

feedback is so valuable in helping us improve the work we do.

[Share my feedback](#)

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

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

[Visit our Promotion Hub](#)

bacp | **Accredited
Service**

We are the largest provider to the NHS for digital mental health services and the largest contributor to the MHSDS. Our youth and adolescent service is available to over 62% of all children and young people in the UK. Alongside this, we

deliver pioneering research and work to establish the evidence base for Kooth to contribute to best practice in digital mental health innovation - this is really important to us. We have innovated in developing bespoke clinically-validated measures around peer to peer interaction and our single session therapeutic model.



Get in touch with us

To book a session with us or request resources, email takther@kooth.com