



Supporting the Mental Health of  
Children and Young People in your School Community



## Kooth's April Newsletter

Exams are looming large, and pressure is mounting. We're here to provide support, so please do reach out to your local Engagement Lead who can arm you with a raft of **Managing Exam Stress** resources, providing tips and guidance on how to manage anxiety and help build young people's mental resilience.

If **you or your wider staff team** would like to share details about managing exam stress to your wider school community, we have social media and digital content available for you to use [here](#).



kooth

**Stressed about exams?**

You don't have to face it alone

Kooth.com



Some young people and adults will also be navigating Ramadan and to provide more specific support for this period, we've shared a fantastic resource created by Graffiqi that provides five tips for looking after yourself this Ramadan. **#NotAloneMuslim**

But that's not all - so, read on to see what's on offer in our April Newsletter!

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## LIVE WEBINARS

Book your  
**FREE** tickets

Want to learn more about how Kooth can support **neurodiverse and SEND** service users? Want to stream a **live Kooth workshop to your pupils around managing stress**? Click the link to browse our upcoming sessions and to reserve your free place!

[Click to book tickets](#)

## Explore our Recorded Webinars & CYP Facing Workshops

Click the link below to access our extensive library of recorded webinars and workshops around topics like **male mental health, peer support and practicing kindness**.

[Click to browse](#)

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April is **National Stress Awareness Month**. Why not practice our **Bubble Breathing** activity with pupils at your education setting? Bubble Breathing is just one of 30 activities available on the Kooth website.

[Kooth.com](https://www.kooth.com)

GRAFFIQ!

## 5 HEALTHY TIPS TO KEEP YOUR WELLBEING IN CHECK THIS RAMADAN

#NOTALONEMUSLIM

The #NotAloneMuslim campaign has entered its third year! Click below to access a range of resources with ideas on how to help manage well-being during Ramadan.

[Click to view and/or download](#)

### Digital resources for education professionals

Check out our assortment of **FREE** digital resources for education professionals, including information on **how to support through significant incidents** and our **Exam Results Day Support Guide**.



[Click to access](#)

**Contact your local engagement lead for more information on resources and engagement opportunities.**

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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. Our adult service is available in 20+ regions across 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.

