



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



Welcome to **Kooth's June newsletter for Education Staff**. We hope this newsletter finds you well!

At [Kooth](#), we are aware of the prevalence of **exam stress** among students at the moment. That's why we're excited to share that Kooth has a plethora of resources available to support young people in managing exam stress and enhancing their mental wellbeing.

In this edition, we'll also explore important topics such as **#PrideMonth2023**, Kooth support over the **Summer holidays**, and our brand-new **teachers information hub**, which is packed with exciting resources to help support your pupils.

Plus, mark your calendars for our upcoming **national webinars**, where we'll explore fascinating mental health topics like how Kooth can support diverse identities.

Live webinars



For professionals supporting young people, we are running free webinars that explain how [Kooth](#) can offer support:

Kooth & Qwell: Mental Health Support for Diverse Identities - [28th June, 4-5pm](#)

Kooth & Qwell: Maternal Mental Health - [12th July, 4-5pm](#) or [18th July, 10-11am](#)

As a school/ college, you can book a 30 minute session to stream live to students:

Kooth: Healthy Relationships and Mental Health (for ages 12+ ONLY)
- [27th-28th June, various times](#)

How Kooth Can Support Mental Health and Diverse Identities
- [29th-30th June, various times](#)

We're Still Here Over Summer - [19th-20th July, various times](#)

To view our bank of past webinars focused on topics like how '**Kooth Can Support Neurodiverse and SEND Users**', click on [this link to our Vimeo account](#).

We recognise that exam stress can have a significant impact on the mental wellbeing of children and young people. As educators and school staff, your role in supporting students' mental health is crucial. That's why we want to highlight some valuable resources available to you this exam season and for **results day**:

[Exam tips digital brochure](#)

[Exam tips infographic](#)

[Exam results day support guide](#)

To access our 'Information Hub for Teachers and Education Staff', click on the link below.

[Click here](#)

#PrideMonth2023

June is **Pride Month**, a time to celebrate and support the LGBTQIA+ community. At [Kooth](#), we stand with and provide a **safe space for all individuals**, regardless of their sexual orientation or gender identity.

Over **500 forums and threads** exist under the LGBTQIA+ category on Kooth, providing a space where young people come together to share **moderated advice and support**. Young people can access these forums, contribute their own discussions, and tap into other valuable support tools that are available for free on Kooth.

If you'd like to access our Pride Month posters and images to share them on social media, [please click here](#).

Kooth over the Summer

As the Summer holidays approach, we want to assure you that [Kooth](#) will continue to be available for young people seeking support.

We understand that the break from school can bring its own set of challenges, so we've developed a range of activity sheets for professionals supporting young people, designed to promote **emotional resilience, self-expression, and relationship building**.

These sheets, which offer a range of motivating and calming activities, are **COMING SOON**. Please email your local engagement lead for more information.

Kooth Academy for Training and Education (KATE)

Kooth offers a robust, in-depth internal training pathway for staff. This year, we are looking to bring an external focus to support other professionals working within the sector or with those who may be struggling with some of the most prevalent issues...

**Read
on**

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

Tanjima Akther
takther@kooth.com

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.
We are a BACP Accredited Service.



