



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



Hello and welcome to [Kooth's September newsletter for local services](#), informing you of new Kooth resources, webinars, and upcoming content this month.

Please book one of our free information webinars below, or access the following resources about key topics for you and the young people you support:

- Breaking the **mental health stigma for young Muslims**: Support and guidance for young Muslims can be found in this [collection](#).
- Understanding how early intervention is crucial in **suicide prevention** and how Kooth can provide a safe space to talk and develop safety plans: We have [significant incident resources](#), which offer support and advice on what to do when a significant incident happens. You can also access our [posters and social media assets](#) in support of national suicide prevention month this September.
- Supporting **young people living in care**: Kooth's recent project called "Pass the Parcel" helped young people express how they feel about being in care. If you support any young people living in care, please share our activity [article](#) "[Living in care: try our pass the parcel activity](#)" or our [podcast](#) about the project on [Spotify](#) or [Apple Podcasts](#).

Upcoming live webinars

We're running free webinars that explain how [Kooth](#) can offer support:

- **Kooth and Qwell information webinar for professionals** - [Wed 6th Sept, 4-5pm](#)
- **How Kooth and Qwell provide mental health support for LGBTQ+ identities** - [Wed 11th Oct, 11am-12pm](#) or [Thurs 12th Oct, 3.30-4.30pm](#)

You can view our bank of past webinars focused on topics like 'How Kooth and Qwell can support with eating disorders and self-injury/harm', on our [Vimeo](#).

Contact your local Kooth Engagement Lead, Tanjima Akther for more information on resources and engagement opportunities:

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.