



Supporting the mental health of
children and young people in your
school community



Hello and welcome to [Kooth's October newsletter for education staff](#). We hope you're well and that the academic year is off to a great start.

It's [World Mental Health Day](#) on Tuesday, 10 October. According to the NHS, [1 in 6 children](#) have identified as likely having a mental health problem, which is why it's vital that we continue to raise awareness of mental health. To kick-start a conversation with your students, why not share one of our [young people's lived experience poetry videos](#)?

You can also book one of our free information webinars below, or access the following helpful resources:

- **Talking to students about mental health:** Check out our [five top tips](#) for talking with your students about mental health.
- **Lived experience content to support Black and Black mixed race young people:** Take a look at our spotlighted [articles](#) of the month about experiencing difficulties around colourism and navigating being mixed heritage.
- **Black History Month content:** This October, we'd recommend keeping an eye out on our [Instagram](#), as we'll be releasing supportive content throughout the month.

Upcoming live KoothTalks webinars

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

- **How Kooth promotes and supports staying safe online**
 - Mon 13 Nov, [10-10.30am](#) or [2-2.30pm](#)
 - Fri 17 Nov, [10-10.30am](#) or [2-2.30pm](#)

We're also running free KoothTalks webinars aimed at professionals that explain how [Kooth](#) can support students:

- **How Kooth and Qwell provide mental health support for LGBTQ+ identities**
 - [Wed 11 Oct, 11am-12pm](#)
 - [Thurs 12 Oct, 3.30-4.30pm](#)
- **How Kooth and Qwell support marginalised identities**
 - [Mon 23 Oct, 12-1pm](#)
 - [Thurs 26 Oct, 5-6pm](#)
- **Kooth and Qwell: suicide prevention and awareness**
 - [Tues 21 Nov, 1-2pm](#)
 - [Wed 29 Nov 4-5pm](#)

Please share details of this KoothTalks webinar aimed at parents and carers:

- **How Kooth promotes and supports staying safe online**
 - Mon 6 Nov, [12-1pm](#) or [6-7pm](#)

You can view our bank of past webinars focused on topics like 'How Kooth and Qwell can support male mental health', on our [Vimeo](#).

Kooth Mental Wellness Assemblies

You can book a **free Kooth mental wellness assembly** at your location.

This will cover:

- What mental health is
- What can prevent young people from seeking support
- Free and anonymous mental health support available via [Kooth](#)
- Top tips for looking after your mental health

Contact your local Kooth Engagement Lead if you would like to book an assembly for your students:

kel@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.



