



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



Hello and welcome to [Kooth's November newsletter for education staff](#). We hope this newsletter finds you well!

November marks the beginning of **Movember**, a time to [raise awareness of men's mental health](#). A recent UK survey showed that [40% of men reported to have never spoken to anyone about their mental health](#); Movember is the perfect opportunity to shine a light on men's mental health and get boys and men talking.

You can get involved by sharing our "Busting myths for Movember" [Kooth podcast](#) with your students, or our "Breaking the stigma" [short film](#) around men's mental health (we recommend this video for ages 17+).

Helpful resources

- **Worrying world news:** take a look at our [article](#) with guidance and support for students.
- **Anti-bullying week** (13-17 November): get involved by sharing our free Kooth [resources](#) and signing up to our upcoming webinar, 'How Kooth promotes and supports staying safe online', below.
- **FAQ guide for parents and carers:** share our brand new [leaflet](#) where we've answered parents' and carers' most commonly asked questions about Kooth.
- **Kooth winter activity sheets:** we're developing **18 activity sheets** for young people to explore their emotions, relationship skills, and coping techniques. These are perfect for end of term lessons! Choose between grounding or energetic activities, and find ideas for sessions from 10 minutes up to 45 minutes. These sheets are **coming soon!** Please email your local Kooth Engagement Lead for more information.

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](#)
- **You are not alone: How Kooth supports diverse identities**
 - Mon 4 Dec, [10-10.30am](#) or [2-2.30pm](#)
 - Fri 8 Dec, [10-10.30am](#) or [2-2.30pm](#)
- **Anxiety and loneliness support over winter**
 - [Thurs 12 Dec, 1.45-2.45pm](#)

We're also running free KoothTalks webinars for teaching staff:

- **Kooth and Qwell: suicide prevention and awareness**
 - [Tues 21 Nov, 1-2pm](#)
 - [Wed 29 Nov 4-5pm](#)

Please share details of these KoothTalks webinar for parents and carers:

- **How Kooth promotes and supports staying safe online**
 - Mon 6 Nov, [12-1pm](#) or [6-7pm](#)
- **Support for young people experiencing anxiety or stress this winter**
 - [Thurs 14 Dec, 6-7pm](#)

You can view our bank of past webinars focused on topics like 'How Kooth and Qwell can support LGBTQ+ identities', on our [Vimeo](#) channel.

Contact your local Kooth Engagement Lead, if you would like us to visit you and deliver a mental wellness assembly or staff training:

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.



