

February Focus

Welcome to February's Kooth Newsletter.

This month we celebrate Children's Mental Health Week. There will be different discussion forums each day, offering you amazing resources to support students/young people.

February Webinars:

In honour of Children's Mental Health Week, education settings can book onto 1 of 4 live 30 minute information sessions to stream in school/college:

[Mon 6th - Thurs 9th Feb: various times and dates, please book here](#)

Info session for Professionals to learn more about Kooth and Qwell: (Qwell is Kooth plc's adult service which is not available in Kent or Medway)

[Tuesday 7th Feb, 4-5pm](#)

March Webinars:

How Kooth Can Support Eating Disorders and Self Injury & Harm - for Professionals supporting young people

[Tues 21st March, 4-5pm](#)

Kooth Information Session for Professionals

[Wed 29th March, 4-5pm](#)

FREE training sessions on Kooth for professionals in Kent & Medway are also running on the following days:

Weds 8th Feb: 4pm - 5pm

Tues 21st Feb: 3.45pm - 4.45pm

Mon 6th March: 11am - 12pm

Weds 22nd March: 3.45pm - 4.45pm

To sign up, please register [HERE](#)

There's more that connects us than divides us.

Children's Mental Health Week 2023

kooth
kooth.com

For Children's Mental Health Week this year (6th - 12th February), Kooth is doing something quite special 🧠🤝

We'll be running a new and carefully planned discussion forum for each day of the week. These discussions will allow young people to connect as they share their own tips and experiences around specific topics that are aimed to support their mental wellbeing.

Safety is our priority: All of our discussion forums are carefully moderated by our team to ensure no bullying or hate speech appears on the website.


We need your help: We'd really value your support in helping us spread the word on your schools social media channels and any other platforms you often use to reach your students/young people.

We've created a [campaign page](#) that hosts everything you'll need to help us spread the word.

If you have any questions at all about how your school can get involved, please email marketing@kooth.com.


[Children's Mental Health Week Campaign Page](#)

To access the below **Discussion Boards, Collections** and **Live Forums**, young people can access via [Kooth.com](https://www.kooth.com) - it's easy to set up an account:



What's on Kooth in February

Wednesday 1st February	Wednesday 8th February	Saturday 11th February
Discussion Board Welcome to LGBTQIA+ History Month	Live Forum How has peer support helped you 7.30pm - 9pm	Discussion Board Are you feeling disconnected? Coping with feelings of loneliness
Monday 13th February	Wednesday 22nd February	Friday 24th February
Live Forum Let's talk about love 7.30pm - 9pm	Live Forum Having Boundaries: Friendships 7.30pm - 9pm	Discussion Board What do you want professionals to know about Eating Disorders?



How to sign up to Kooth.

- 1 Select **Join Kooth** button.
- 2 Sign up by postcode or select your location from our dropdown list.
- 3 Enter the first part of your postcode.
- 4 Choose your area from the dropdown.
- 5 Select your month and year of birth.
- 6 Select your gender and ethnicity.
- 7 Create an **anonymous (not your real name)** username and secure password.

Or

Kooth is a **free, safe and anonymous** mental health and wellbeing platform for children and young people. You can access Kooth via mobile, tablet or desktop by visiting www.kooth.com

www.kooth.com

The Kooth Promotion Hub is your one-stop-shop to view, share and download resources for Kooth.

There's a wide range of materials to help you signpost to our services or simply learn more about how we support our service users.

AND... all the resources are **FREE**

Click the **below button** to navigate through our library of resources:

[Click to visit our Promotion Hub](#)

If you would like to order free hard copy A4 posters, A5 leaflets or small Kooth cards, you can do so via this very short order form: [ORDER POSTERS/CARDS](#)

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Service**

We're also a trusted partner of the NHS, charities, local authorities, and businesses and are the only BACP (British Association for Counselling and Psychotherapy) accredited digital service in the UK.

Parents and Carers Survey

We value your opinion!

Please encourage all Parents and Carers to complete our [Kooth Survey](#)



Get in touch with us

To book a session with us or request resources, email KAREN DAWBER, Kooth Engagement Lead for Kent & Medway - kdawber@kooth.com



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