



Kooth Newsletter - July 2022

**Summer is here -
and so is Kooth, all through the summer holidays!**

There are lots of positive mental health impacts associated with summer: being out enjoying the warm, sunny weather can increase your vitamin D to raise energy levels and improve your mood; there are more opportunities to get out and about to connect with others and nature; having time to exercise can have positive physical and mental health benefits; and often during the school holidays, we have time to relax a little and invest in self care, whether that is time to read a book, learn a new skill, or reassess our personal goals.

However, for some people, the summer period can also be a challenging one: increased feelings of loneliness from being away from friends; a lack of routine leading to increased feelings of anxiety; low mood possibly exasperated by all the Instagram perfect lives being shared on social media which may not reflect our reality; or difficulties maintaining healthy sleep habits due to the longer, lighter evenings.

However, your young people are feeling, Kooth is here; either as a community to reach out and engage with or as somewhere to find further support whenever they need it.

Resources

Please see below some resources for you to share to raise awareness of the free, safe and anonymous support available to your students and young people over the summer period. You can find more resources, including digital assets to share on your social media pages, at promote.kooth.com

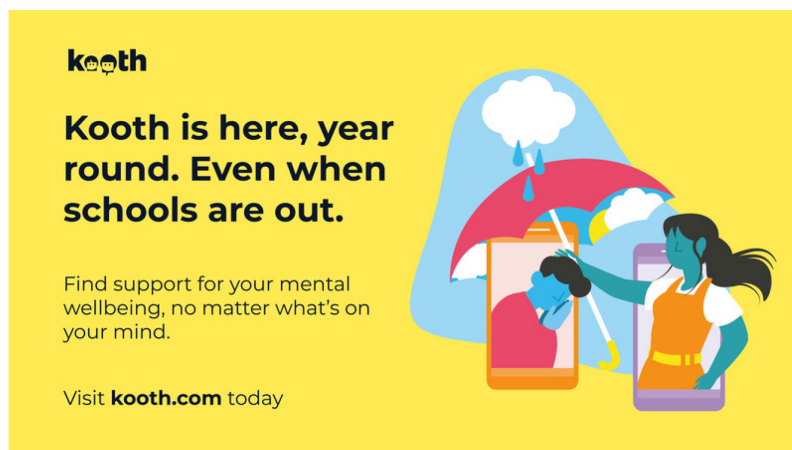
- Kooth Summer holidays 2022 [A4 poster A](#)
- Kooth Summer holidays 2022 [A4 poster B](#)
- Kooth Summer holidays 2022 [digital poster A](#)
- Kooth Summer holidays 2022 [digital poster B](#)

Reach Out

Please reach out to your local Kooth Engagement Lead if you have any questions, would like to order resources, or are interested in booking any Kooth sessions for your staff or students:

KAREN DAWBER (Kent & Medway) kdawber@kooth.com

Support for Organisations - Kooth's Summer Social Media Support



Over the summer holidays, we are sure you will want to keep in touch with many of your students/young people. Please include reminders of Kooth's support in your scheduled posts across the break, so that your students/young people know how to find us if they need to reach out.

Summer Holiday Twitter Copy

The holiday period can be difficult for some. If you need support during the summer holidays, Kooth is still available. Go to go.kooth.com/sRw9 to chat to a practitioner today.

You can still access free, safe and anonymous mental health support on Kooth support during the summer holidays! Visit go.kooth.com/sRw9 for more.

You're not alone - Kooth are still available to access during the summer holiday period. If you or someone you know needs extra mental wellbeing support during the holiday season, Kooth are here. Go to go.kooth.com/sRw9 for more.

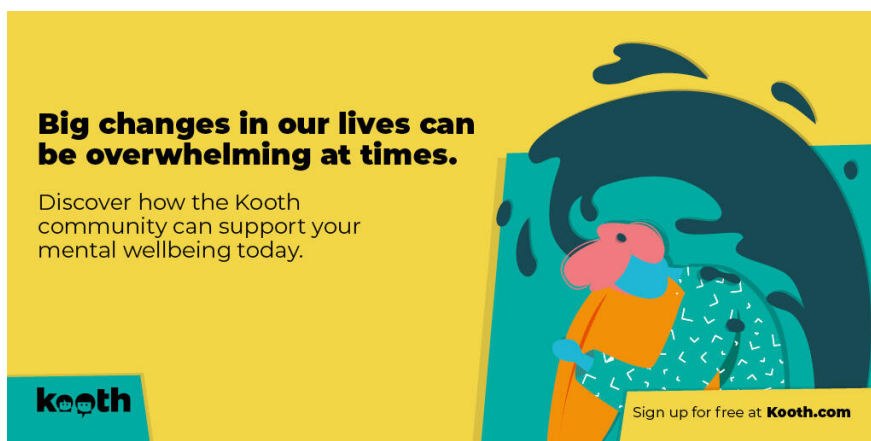
We can all feel a little lonely now and then. It's ok to reach out for support! Find resources, podcasts and articles on Kooth during the holiday season or speak to a practitioner. Go to go.kooth.com/sRw9 to find support today.

The team at Kooth are still available during the holiday season to provide mental wellbeing support. If you or someone you know is struggling to cope, visit go.kooth.com/sRw9 for free and anonymous support.

You can find images and assets to support your posts [HERE](#).

Support for Schools -

Kooth's Y6 Transition Workshop: Recording now available!



Kooth's regional transition workshops for Y6 pupils took place in June 2022.

The workshops were delivered by Kooth Engagement Leads and included:

- Exploring thoughts and feelings year 6 students may have in preparing for secondary school.
- Techniques and coping strategies will be shared to support the stress and anxiety of being in a new educational environment.
- Information and advice on building resilience and understanding their surroundings.
- Self care and positive thinking will be discussed throughout.
- Guided Sign up to Kooth alongside mini activity examples.
- Follow up resources will be shared such as the mini activities booklet, pre-recorded assemblies and links to your local Kooth Engagement Lead

If you were unable to join one of the sessions, but would still like to share the information with your pupils as they prepare for secondary school, please feel free to use the Kooth recording below to support them on their next steps in their journey.

You can download the recording [HERE](#).

Support for Schools/Colleges - Planning for Academic Year 2022/23



Promotion Checklist for Schools and School Staff



How can you use this checklist?

This checklist has been put together by the engagement team here at Kooth to help you as school staff understand how you can cover all bases in signposting pupils to Kooth.

If you're already implementing one of the points, simply check this as a yes and feel free to add any supporting notes that might be useful to highlight.

Conversely, if you've not started or not aware of one of the points, please feel free to add notes to remind yourself of how you think you'll go about implementing this. It can be as simple as contacting your local kooth engagement lead.

As plans for next academic year are being finalised, Kooth is keen to be part of your discussions and plans.

With this in mind, there are a range of ways in which Kooth can support this week - **ALL FOR FREE** - such as:

1. **Kooth posters and cards** can be provided to display in your school as a reminder of the support available.
2. **Kooth assemblies**, where we talk about mental health and present a tour of the Kooth website to show young people what support is available to them (**live or pre-recorded**).
3. A range of **workshops** such as stress & anxiety, wellbeing, male mental health, anger awareness & anti-bullying.

4. **Staff training** to understand Kooth better, so they feel confident signposting young people to the service if they have any concerns about a young person. This training can be carried out after school hours, during staff meetings or inset days and can include a live tour of the website.

You can find our helpful checklist for school staff [HERE](#).

Please reach out to your local Kooth Engagement Lead for more information.

Support for School/organisation - Staff Webinar: How can Kooth plc can support male mental health?

A promotional graphic for a webinar. On the left, a dark blue background contains the text 'How Kooth Plc Can Support With Male Mental Health Webinar' in white. Below this, an orange speech bubble icon contains the text 'Free online event'. To the right of the icon, the text 'Join us on 21/07/22' is displayed. On the right side of the graphic, there is an illustration of a person with dark skin, wearing an orange long-sleeved shirt and teal trousers, sitting on a black chair at a desk. The desk has a computer monitor, a small potted plant, and a tablet. The background of the illustration is a light teal color with a dark teal circular shape behind the person.

How Kooth Plc Can Support With Male Mental Health Webinar

Free online event

Join us on
21/07/22

Kooth is hosting a webinar on **Thursday 21st July 2022, 4pm - 5pm** explaining how our digital platforms - [Kooth.com](https://www.kooth.com) (young people) and [Qwell.io](https://www.qwell.io) (adults) - can help and support males.

The session will also include discussion around how both services open up accessible ways to both receive and offer support to other males who may have been through similar lived experiences.

To sign up please [CLICK HERE](#)

Support for Young People - Kooth's Summer Wellbeing Checklist



School may be out for the summer, but Kooth is still here whenever you need us.

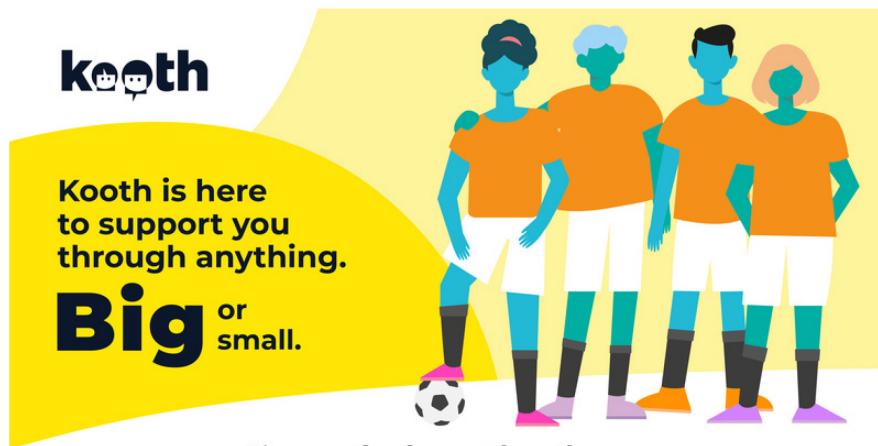
Here are 5 top tips for maintaining good mental health over the summer period:

1. **Connect with friends or family** to beat feelings of loneliness
2. **Stay active** - doing something active (brisk walking, cycling, swimming, running, playing tennis, dancing, skateboarding - whatever you enjoy!) for 30 minutes a day is fantastic for maintaining good mental health. It gets your endorphins going, boosts your mood and raises self-esteem.
3. **Get outside** - there are loads of benefits to getting outdoors, even just for a little while! Just being outside is enough to noticeably lower our stress levels. In fact, the power of nature for our wellbeing is so great that even a picture of a calming natural scene can be enough to create positive feelings of wellbeing! Spending time in nature has also been shown to have strong benefits for those with diagnoses of autism and ADHD, and being outdoors promotes a sense of calm. For those who find crowds stressful or struggle with sensory overload, the peace and quiet of nature provides an excellent solution.
4. **Be creative** - doing something creative can help create a sense of calm, allow you to express yourself in a different way, takes your mind off of things that are worrying you, and provides a relaxing distraction to lower stress levels.

5. **Make a plan** - use this time to relax, unwind, reassess your priorities, plan out your time to try a new activity, learn a skill, achieve a personal goal (no matter how big or small), or maintain a healthy routine with a good sleep schedule.

Please share Kooth's [Summer Holidays 2022 Wellbeing Checklist](#) with young people to encourage them to do something each week to support their wellbeing within the Kooth community.

Information for Young People - Kooth Monthly Information Sessions



Sign up for free at [kooth.com](https://www.kooth.com)

For any young people who are interested in finding out more about Kooth, we host regular information sessions for young people living in London and the South East. Please share the link below so that young people can access this and find out more about the support Kooth can provide.

Our next session is on:

Monday 11th July 2022, 6pm - 7pm

Register here:

<https://www.eventbrite.co.uk/e/discover-kooth-young-peoples-information-session-tickets-225781246787?aff=ebdsoporgprofile>

Information for Young People - New Kooth Sign Up Process

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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.

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

Kooth's sign up process has changed!

Young people can now find out if Kooth is available in their area and sign up to use the service either by searching for their location using the first part of their postcode or by looking for their area in our dropdown menu.

Please see this [video](#) for more information and a demonstration.

Information for parents / carers

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Kooth information session for Parents and Carers
Find out how Kooth can help your child with their Mental Health and Wellbeing.

Kooth's London and South East team offer monthly information sessions for parents & carers interested in finding out more about Kooth services. Please provide the link below to parents/carers. Kooth can also provide letters for schools to share with parents / carers explaining what Kooth is and that their child may hear about it through

school as a support for them should they need it. Please contact your Kooth Engagement Lead to request these letters and other support resources for parents.

The link for parents/carers to book the free information session can be found here:

Wednesday 27th July 2022, 6pm-7pm

<https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357>

Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

- Think about whether your child feels ready to talk**
Just because you want to talk doesn't mean they feel ready to. Look out for the things they say and their body, too, for indicators on whether they really want to talk about their feelings.
- Think about the setting**
Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.
- Practice asking open questions (rather than closed ones)**
Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.
- Take away the intensity**
It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.
- Listen carefully**
This sounds pretty straightforward, but sometimes when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.
- Ask them what they need**
It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.
- Get creative**
We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.
- Name it**
Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, "You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?"
- Model it**
Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalize the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwellio](#)

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These helpful tips from Kooth's clinical team can help parents and carers start to talk to their young people about their feelings.

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

If this feels familiar for you, you are definitely not alone!

If you want to read more about Kooth and the support we offer for your child or young person, you can download our Parent and Carer brochure [here](#).

Support for Adults - Qwell



Our Qwell service for adults continues to grow. Our latest adult focused report, **Supporting Adults with Stressful Life Events in a Digital Service**, can also be found [here](#).

If you would like to know more about our Qwell service, please reach out to us at contact@kooth.com

What's on Kooth - July 2022

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What's on Kooth in July

Monday, 4th July	Saturday, 7th July	Sunday, 8th July	Wednesday, 13th July
Live Forum: Self care: Journey to Journaling Our first live forum of July has been requested by the community! We will be considering ways to explore and care for yourself by looking at different types of journaling and how they might help you. 7.30pm - 9pm	Discussion Board: Alice's Day (Alice in Wonderland Day) Curiouser and Curiouser: What is this strange event? What themes do we see in Alice in Wonderland that we notice in our society today?	Discussion Board: Eid ul-adha Join us in our celebration of eid ul-adha and let us know what your plans are!	Live Forum: Disability: Thinking about ableism This July, we are honouring Disability Awareness Day by discussing disability and ableism! Come along to learn more, share your experiences, and support yourself and others. 7.30pm - 9pm
Friday, 22nd July	Friday, 22nd July	Wednesday, 27th July	
Live Forum: Peer pressure: Making our own choices Stop by our live forum as we discuss peer pressure, assertiveness, and autonomy when making choices. We will be thinking about our own boundaries, wants, needs and choices, and how to say no confidently. 7.30pm - 9pm	Discussion Board: Schools out for Summer With another school year over, let us know what your biggest achievements have been this year and what you plan to do to celebrate the summer holidays finally being here!	Live Forum: Social takeover: Summer plans As summer holidays approach, this will be a light and fun forum to discuss upcoming summer plans. Since it's a social takeover, you will oversee the conversation and keep the topic flowing. 7.30pm - 9pm	

Find all of this & much more on kooth.com

Each month, [Kooth.com](https://www.kooth.com) has a range of events and discussions that young people can take part in. It's a safe space to voice their opinion and hear the opinions of others. They might give or receive advice from peers. Some of these topics might also be things to have a discussion about as part of tutor time, PSHE, etc.

Kooth's Mini-Activity Hub

The summer holidays can be a wonderful time to relax and recharge, but the weeks can also feel long and lonely. Having a collection of activities could help with feelings of boredom, loneliness or anxiety. So why not try Kooth's mini activity to "**Create Your Own Activity Jar**" - a creative activity to distract, soothe and pass the time!

Step 1: Find a jar/container (E.g. a washed out jar or even a shoe box) and decorate it. You could use paint, glitter or anything else that you like.

Step 2: On small pieces of paper, write down some achievable activities (e.g. games to play, challenges to complete, jobs to do, things to create, places to go or funny jokes to play).

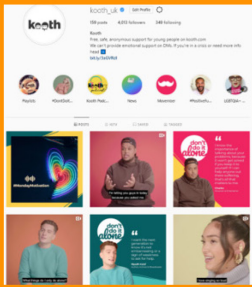
Step 3: Put all of your pieces of paper into your container or jar.

Step 4: Anytime you feel bored/anxious/lonely/stressed, take an activity to complete (if you pick one you don't like, put it back and choose another).

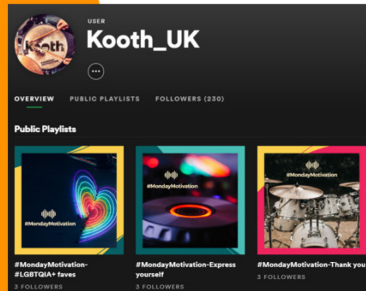
Step 5: Afterwards, think about how you feel now compared to before (e.g. what does it feel like to try something new or complete a task?)

Some little Kooth extras.....

Kooth beyond Kooth.com



Instagram:
[@kooth_UK](https://www.instagram.com/kooth_UK)



Spotify Playlists:
Kooth_UK



"Kooth Podcasts" on
Spotify & Apple

You can find Kooth on **Instagram**, as well as on **Spotify & Apple**

Kooth has a range of playlists, from Motivational Mondays to Pride Anthems, which you access on Spotify by searching Kooth_UK

Also, make sure to check out our latest **Kooth podcasts**.

Click the links to listen on [Spotify](#) or [Apple Podcasts](#)

