


Welcome to the first newsletter of 2023!

Happy New Year. We hope you had a restful break.



What's on Kooth in January

Sunday 1st January	Wednesday 11th January	Monday 16th January	Monday 23rd January
Discussion Board What are your hopes for the year ahead?	Live Forum Healthy Boundaries: Avoiding burn-out	Live Forum World Religion Day: Our beliefs	Discussion Board How to talk to your parents about your worries

Find support from the Kooth community by visiting kooth.com today.

Kooth is open 24/7 so young people are still able to read and contribute to the magazine, complete our therapeutic activities, talk to their peers and take part in our live forums (topics shown above). We are now back to Kooth's

standard weekly chat times detailed below:

Monday - Friday: 12:00noon - 10:00pm.

Saturday & Sunday: 6:00pm - 10:00pm.

Upcoming Webinars

Throughout 2023, Kooth is running a variety of engaging national webinars aimed at showcasing how Kooth.com can support young people and young adults in your area. Each month sees new topics and themes:

January

[January Blues & Finance: How Kooth & Qwell Support Mental Health over Winter - Tuesday 24 January 10:00am - 11:00am](#)

[January Blues & Finance: How Kooth Supports Mental Health over Winter - Thursday 26](#)

[January 10:00am - 11:00am](#)

[How Kooth & Qwell Can Support Male Mental Health - Tuesday 31 January 10:00am -](#)

[11:00am](#)

[How Kooth Can Support Young Male Mental Health - Tuesday 31 January 4:00pm -](#)

[5:00pm](#)

February Webinars:

In honour of Children's Mental Health Week (6-12th February), your education setting can book onto one of 4 live 30 minute information sessions to stream in school/college:

Monday 6th Feb, 10-10:30am for Years 6 – 8

Monday 6th Feb, 10:30-11am for Years 9 - 13

Thursday 9th Feb, 1-1:30pm for Years 6 – 8

Thursday 9th Feb 2023 1:30-2pm for Years 9 - 13

[Book your free place here](#)

There is also an info session for Professionals to learn more about Kooth and Qwell:

Tuesday 7th Feb, 4-5pm

[Book your free place here](#)

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

Thurs 19th Jan: 10am - 11am

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](#)

You can find more resources, including digital assets to share on your social media pages, at [promote.kooth.com](#)

[Visit Our Promotion Hub Here](#)



Children's Mental Health Week 2023

Children's Mental Health Week 2023 is next month (6th - 12th February) and the event organisers, Place2Bbe, have set the theme as "Let's connect". As a vital provider of mental health support for young people, we'd love your help in reaching as many young people as we can.

We'll be posting across our social media channels each day throughout the week. This will include:

Helpful tips from our team

Advice from young people who use Kooth

How young people can find support on Kooth

How your school/college can get involved:

Simply follow us on our social media channels and give our posts a share each day of the week.

Below are our social media channels:

Facebook - [Kooth UK](#)

Instagram - [@kooth UK](#)

Twitter - [@kooth uk](#)

We'll also be releasing a range of helpful resources for young people and parents & carers which will be released later this month at promote.kooth.com.

Parents and Carers' Survey

We value your opinion!

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

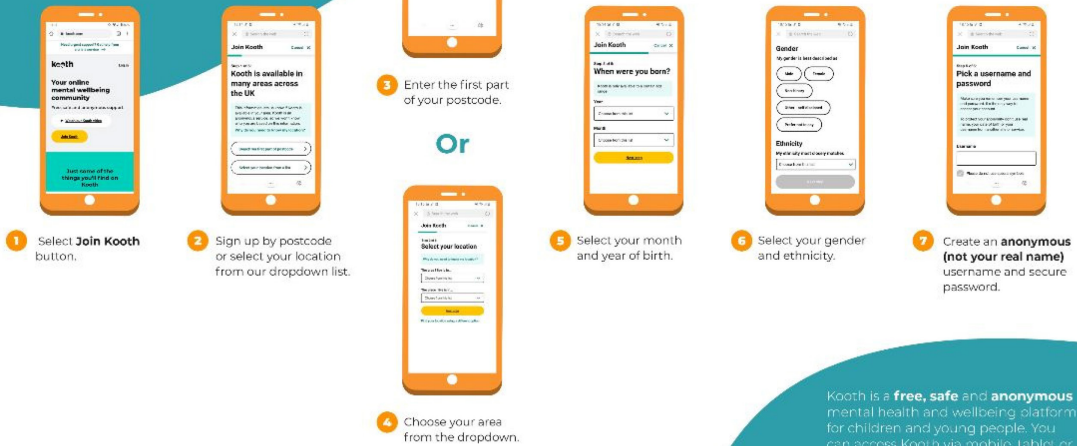
[Frequently asked questions](#)

[Mini activities brochure](#)

[Parents and carers brochure](#)



How to sign up to Kooth.



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

Get in touch with us

To book a session with us, please email the Engagement Lead for Kooth covering Kent & Medway: KAREN DAWBER at kdawber@kooth.com

For hard copy A4 posters, A5 leaflets or small cards, complete the short order form

[HERE](#)



Karen Dawber (she/her)

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Kent & Medway**



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