



Supporting the Mental Health of
Children and Young People in your School Community



Welcome to [Kooth's July's newsletter for Education Staff](#). We hope you are well and surviving the exam season with the holidays now in close sight!

Read on to learn more about our upcoming national webinars, discussing topics like **how Kooth can support students dealing with eating disorders, self-harm and self-injury**.

Join us in celebrating the strength and resilience of our service users in **Kooth Community Corner**, tune in to our engaging **podcasts** on Apple Music and Spotify, and don't miss our new short film, "**Breaking the Stigma**", shedding light on men's mental health.

Remember, Kooth can provide a much needed support service for vulnerable young people during a period when they don't have the pastoral care and structure of the school around them. Pupils at your school can sign up to Kooth around the clock and throughout the summer holidays, joining our supportive community of **over 1 million** people across our services.

Live webinars

For professionals supporting young people, we are running free webinars that explain how [Kooth](#) can offer support:

Kooth & Qwell: Maternal Mental Health - [12th July, 4-5pm](#) or [18th July, 10-11am](#)

How Kooth & Qwell Can Support with Eating Disorders and Self Injury/ Harm - [Wed 17th Aug, 12-1pm](#) or [Tue 22nd Aug, 4-5pm](#)

How Kooth & Qwell Can Support Male Mental Health - [Wed 16th Aug, 12-1pm](#) or [Mon 21st Aug, 4-5pm](#)

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

We're Still Here Over Summer - [19th-20th July, various times](#)

To view our bank of past webinars focused on topics like how **'Kooth can support neurodiverse and SEND users'**, click on [this link to our Vimeo account](#).

Breaking the Stigma: Kooth's new short film

Introducing '**Breaking the Stigma**', our new short film around men's mental health. Five male [Kooth](#) staff members came together in Sheffield to share their experiences, discussing the challenges men can face and how they prioritise their well-being.

Why not show our video to your pupils and staff to raise awareness and get young men talking? We recommend this video for ages 17+.

[Watch here](#)

Summer activity sheets

If you're working with young people during the summer holidays, we have **17 activity sheets** that are available on request from your local engagement lead.

[Here's](#) our '**Understanding the masks we wear**' activity, designed to help young people visualise and reflect on the parts of themselves they may want to present to others and the parts they may hide.

Kooth Podcasts

Join us as we explore compelling stories and share practical techniques to empower young people on their mental health journey.

Our latest podcasts give young people practical techniques to manage anxiety (**Try the STOP Technique for Anxiety**) and shine a light of recognition and understanding for pupils who've experienced being in care (**Pass the Parcel**).

Find us on Spotify and Apple Music by searching for '**Kooth Podcasts**'.

Brand new digital resources

Keep an eye out on promote.kooth.com, as we're gearing up to release a brand new collection of digital assets. These resources will be perfect for sharing on social media platforms, allowing you to promote mental health and well-being among your students. Stay tuned for their release in mid-July!

But that's not all! Starting on the 1st of August, our biggest campaign of the year, **the Big August Ask**, kicks off. We'll be addressing a variety of questions and concerns submitted by young people. Follow our different Kooth social media channels to join the conversation and access valuable insights and support.

Kooth Community Corner

Here's what some of our service users had to say about [Kooth](#):

'The team at Kooth is so helpful and always have been supportive with anything no matter how big or small. For someone who wants help but isn't ready to tell someone they know, it's a great option. Also Kooth doesn't need a referral and you can start using it straight away. I do wish there was more support places like Kooth.'

'I love this website, I can talk to both the Kooth team and also young people who might be able to relate. It has definitely helped me and I think it will help me in future. I recommend it 100%!!!'

Contact your local engagement lead for more information on resources and engagement opportunities.

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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.

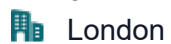


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[Kooth Free Resource Hub](#)

[Data and Insights: Kooth Pulse 2021 Report](#)

[Promote Kooth: Third Party Promotion Resources](#)

[Fresh Thinking: The Thought Report](#)