



## World Mental Health Day

Visit [kooth.com](https://www.kooth.com) today for free, safe and anonymous support.



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## Kooth Schools Newsletter - October 2022

### Make Mental Health and Wellbeing a Global Priority

Welcome to the October edition of the Kooth newsletter. It's World Mental Health Day on Monday 10th October and this year's theme is 'Make mental health and wellbeing for all a global priority'

With this in mind, we have lots of support for you and your teams to help promote the day and support your students. Reach out to your local Kooth Engagement lead for details of live and recorded sessions available to you.

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

- [World Mental Health Day Poster](#)
- [Introduction to Kooth Video](#)

#### 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:

**Please update KEL contact info [here](#)**

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## National Coming Out Day

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# National Coming Out Day

Visit [kooth.com](https://www.kooth.com) for compassionate, welcoming and non-judgemental support.



Kooth is a safe space for all young people no matter their gender, ethnicity or sexuality. Young people can engage with peers across the county and be part of our positive online community. All posts are pre-moderated to ensure young people remain safe whilst using Kooth.

[National coming out day poster](#)

## Kooth Webinars in October

**10th October 4-5pm: GP & Healthcare Professional Webinar:** This information session is designed to provide in depth knowledge to support confidence when discussing Kooth with young people. Use the link to register: <https://www.eventbrite.co.uk/e/kooth-gphealthcare-professional-training-tickets-277588042307>

**6th October 6-7pm: Young People's Introduction to Kooth:** This session will overview the support Kooth offers, provide a live tour of the Kooth site and the opportunity to ask questions. Use the link to register: <https://www.eventbrite.co.uk/e/kooth-young-peoples-session-tickets-301280186147>

**Missed a September's Kooth webinars? Why not take a look at the records below:**

**Yr 7 back to school:** <https://vimeo.com/755191311>

**Back to school planning:** <https://vimeo.com/754181362>

### Reach Out

Please reach out to your local Kooth Engagement Lead to book any Kooth sessions for your staff or students:

**Please update KEL contact info here**

## Information for parents / carers



### 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:

**11th October 2022, 6pm-7pm**

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

## What's on Kooth - October 2022



**Monday 3rd October**  
Discussion Board  
Black History Month  
7:30pm - 9pm

**Wednesday 5th October**  
Live Forum  
Crime Time: Respect and Boundaries  
7:30pm - 9pm

**Monday 10th October**  
Discussion Board  
World Mental Health Day  
7:30pm - 9pm

**Tuesday 11th October**  
Discussion Board  
National Coming Out Day  
7:30pm - 9pm

**Friday 14th October**  
Live Forum  
Coming Out Day: Experiences, reflections and tips  
7:30pm - 9pm

**Wednesday 19th October**  
Live Forum  
Let's Talk About: Obsessive compulsions  
7:30pm - 9pm


**Monday 24th October**  
Live Forum  
Autumn Crafts: Haunted Halloween  
7:30pm - 9pm

**Tuesday 25th October**  
Discussion Board  
Halloween Craft Thread  
7:30pm - 9pm

Find support from the Kooth community by visiting [kooth.com](https://www.kooth.com) today.

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.

## Some little Kooth extras.....



**Kooth beyond Kooth.com**

Instagram: @kooth\_UK

Spotify Playlists: Kooth\_UK

"Kooth Podcasts" on Spotify & Apple

You can find Kooth on [Instagram](https://www.instagram.com/kooth_UK), as well as on [Spotify](https://www.spotify.com/playlist/37i9dQZF1DX0XUf1C20944) & [Apple](https://www.apple.com/podcasts/)

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](https://www.spotify.com/playlist/37i9dQZF1DX0XUf1C20944) or [Apple Podcasts](https://www.apple.com/podcasts/)

