



Hello and welcome to the **May Newsletter for professionals**. It's packed full of information, new resources and exciting content to support your students/young people.

#MentalHealthAwarenessWeek falls this month (15th-21st), providing the perfect opportunity to talk about the stigma of mental health with children and young people, and the importance of breaking the silence.

Read on to see how you can get involved in our **#MHAW2023** campaign, as well as our exciting **free mental health webinars** in May and June.

Live webinars

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

Kooth & Qwell: Male Mental Health and Healthy Relationships - [Kooth & Qwell - Weds 10th May, 4-5pm](#)

Kooth & Qwell: Mental Health Support for Diverse Identities - [Kooth & Qwell - Weds 28th June, 4-5pm](#)

QWELL is Kooth plc's adult service which is not available in Kent or Medway

Free online Kooth training session for professionals in Kent & Medway

If you signpost students/young people to Kooth, but aren't fully aware of all its features, etc, you can sign up for a free training session on Kooth, which includes an overview of the service and a live tour [BOOK HERE](#)

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

Kooth: Healthy Relationships and Mental Health (for ages 12+ ONLY) - [Tues 27th - Weds 28th June, various times](#)

How Kooth Can Support Mental Health and Diverse Identities - [Thurs 29th - Friday 30th June, various times](#)

To view our bank of past webinars for professionals focused on topics like how **'Kooth Can Support Neurodiverse and SEND Users'**, click on [this link to our Vimeo account](#).

Mental Health Awareness Week 2023

This year's theme for **#MHAW** is "anxiety", and we've put together lots of new community discussions and content on Kooth to support young people who may be struggling; starting with our **'What is anxiety and how can we cope'** live forum on 15th May.

We'd really appreciate anything you can do to help us spread the word throughout the week to young people in your school/college/organisation. Simply use the templates we've created in the below guides:

[Twitter](#)

[Instagram stories](#)

[For use on your school website or learning portal](#)

[Email to parents and carers](#)

[Access our campaign page here](#)

Kooth Recorded Resources

At Kooth we now have some recorded resources such as Kooth assemblies, live tours and workshops for young people which are entirely FREE.

To request a **recorded Kooth assembly or live tour**, click [HERE](#)

To request a **recorded Yr 6 transition to secondary school workshop**, click [HERE](#)

To request one of the recorded workshops below, click [HERE](#) (these are mainly aimed at secondary school ages upwards)

- **Practising Kindness workshop (21 mins)**
- **Kooth Peer Support workshop (22 mins)**
- **Exam Stress workshop (24 mins)**
- **Stress & Anxiety workshop (40 mins)**
- **Year 7 Starter workshop (when Yr 7 have just started secondary school) (40 mins)**
- **Building Healthy Relationships workshop (SUITABLE FOR AGES 12+ ONLY) (41mins)**
- **LGBTQ+ Wellbeing workshop (53 mins)**
- **Male Mental Health workshop (53 mins)**

Free digital resources for professionals

Check out our range of **FREE** digital resources for professionals, including information on **how to support through significant incidents** and our **Exam Results Day Support Guide**.

[Click to access](#)

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

KAREN DAWBER, ENGAGEMENT LEAD FOR KENT & MEDWAY, kdawber@kooth.com

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.






Karen Dawber (she/her)

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Kent & Medway**



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Kooth Work: [Employee Mental Health Support](#)

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