



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



## Kooth's April Newsletter for Professionals

Exams are looming large, and pressure is mounting for both you and your students/young people. We're here to provide support, so please do reach out to your local Engagement Lead who can arm you with a raft of **Managing Exam Stress** resources, providing tips and guidance on how to manage anxiety and help build young people's mental resilience.

If **Safeguarding Leads, Pastoral Staff, Headteachers or Mental Health First Aiders** would like to share details about managing exam stress to your wider school community, we have social media and digital content available for you to use [here](#).



## Stressed about exams?

You don't have to face it alone

Kooth.com



Some staff and students will also be navigating Ramadan and to provide more specific support for this period, we've shared a fantastic resource created by Graffiqi that provides five tips for looking after yourself this Ramadan. **#NotAloneMuslim**

But that's not all - so, read on to see what's on offer in our April Newsletter!

# LIVE WEBINARS

Book your  
**FREE** tickets

Explore our  
Recorded  
Webinars &  
CYP Facing  
Workshops

Want to learn more about how Kooth can support **neurodiverse and SEND** service users? Want to stream a **live Kooth workshop to your pupils around managing stress**? Click the link to browse our upcoming sessions and to reserve your free place!

Click the link below to access our extensive library of recorded webinars and workshops around topics like **male mental health, peer support and practicing kindness**.

[Click to book tickets](#)

[Click to browse](#)

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GRAFFIQ

# 5 HEALTHY TIPS TO KEEP YOUR WELLBEING IN CHECK **THIS** **RAMADAN**

**#NOTALONEMUSLIM**

April is **National Stress Awareness Month**. Why not practice our **Bubble Breathing** activity with pupils at your education setting? Bubble Breathing is just one of 30 activities available on the Kooth website.

The **#NotAloneMuslim** campaign has entered its third year! Click below to access a range of resources with ideas on how to help manage well-being during Ramadan.

[Kooth.com](https://www.kooth.com)

[Click to view and/or download](#)

## Digital resources for education professionals

Check out our assortment of **FREE** digital resources for education 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  
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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.






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 [www.koothplc.com](http://www.koothplc.com)

**Research Library:** [View our Archives](#)

**What's On YourMind?:** [Support for Students](#)

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

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