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Kooth Schools Newsletter - May 2022

Mental Health Awareness Week runs from 9th - 15th May 2022

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago. The event has grown to become one of the biggest awareness weeks across the UK and globally.

The theme for this year's Mental Health Awareness Week is **loneliness**. Loneliness is something we can all experience from time to time, and it is different for everyone.

A YouGov poll (2019) of 13-19-year-olds found 69% said they felt alone "often" or "sometimes" and 59% feel like they "often" or "sometimes have no one to talk to". Supporting young people in recognising when they are feeling lonely, understanding their thoughts and feelings, and identifying the supportive connections they have, is really important.

With this in mind, there are a range of ways in which Kooth can support this week - **ALL FOR FREE** - such as:

1. **Kooth assemblies**, where we talk about mental health and present a tour of the Kooth website to show young people what support is available to them (**live or pre-recorded**)

2. A range of **workshops** such as stress & anxiety, wellbeing, male mental health, anger awareness & anti-bullying.
3. **Staff training** to understand Kooth better, so they feel confident signposting young people to the service if they have any concerns about a young person. This training can be carried out after school hours, during staff meetings or inset days and can include a live tour of the website.

Resources

Please also see below some additional resources for you to share to raise awareness of the free, safe and anonymous support available this Mental Health Awareness Week. You can find more resources, including digital assets to share on your social media pages, at promote.kooth.com

- Kooth Mental Health Awareness Week 2022 [A4 poster](#)
- Kooth Mental Health Awareness Week 2022 [digital poster](#)
- Kooth Mental Health Awareness Week 2022 [infographic with tips on coping with loneliness](#)
- Kooth Mental Health Awareness Week 2022 [loneliness support brochure for children and young people](#)

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:

KAREN DAWBER (covering Kent & Medway): kdawber@kooth.com

**Support for Schools -
Mental Health Awareness Week 2022: Loneliness**
A webinar for professionals supporting children and young people



Kooth's London & South East team are hosting a special **Mental Health Awareness Week 2022: Loneliness webinar for professionals supporting young people.**

The webinar will take place on **Wednesday 11th May 2022, 10am - 11am** and will take you through all that the Kooth website has to offer the young people in your care to support their mental wellbeing, with a focus on the mental health awareness week theme of loneliness.

From free counselling chat to age appropriate articles and mini activities. The session will cover how we keep young people safe and a live tour of the Kooth site.

Follow the [link](#) to register your place.

Support for Schools & Young People - Kooth's Guide to Coping With Exam Stress



As external exams are approaching - for some students, for the first time due to the impact of the pandemic - Kooth is delighted to share our new guide for young people about

[Coping with Exam Stress.](#)

Please share this resource with your students as they prepare for exams.

Please also feel free to use these additional resources and social media copy to support your students at this time:

- Exam focused posters [Posters \(A3, A4\)](#).
- Digital Assets [Digital Assets](#)
- Infographic on Coping with Stress [Infographic](#)
- Pre-recorded Exam Stress Workshop <https://vimeo.com/699469617>

Recommended Copy for Social Posts:

If you would like to share on social media, below is some recommended copy for social media posts (with linked images - VIEW ASSET), ready to share:

“Worried about exams? Find support or chat to a mental health professional on <http://go.kooth.com/CRdA>.”

VIEW ASSET

“Stressed about exams? Find support or chat to a mental health professional on <http://go.kooth.com/CRdA>.”

[VIEW ASSET](#)

“75% of student’s feel stressed about exams. If you or a young person you know needs support, go to <http://go.kooth.com/CRdA> to explore self help tools or chat to a mental health professional.”

[VIEW ASSET](#)

“Struggling to cope with exam pressure? Online support is available for [insert age range] across [insert area]. Go to [Kooth.com](https://www.kooth.com) (10-25) and [Qwell.io](https://www.qwell.io) (26+).

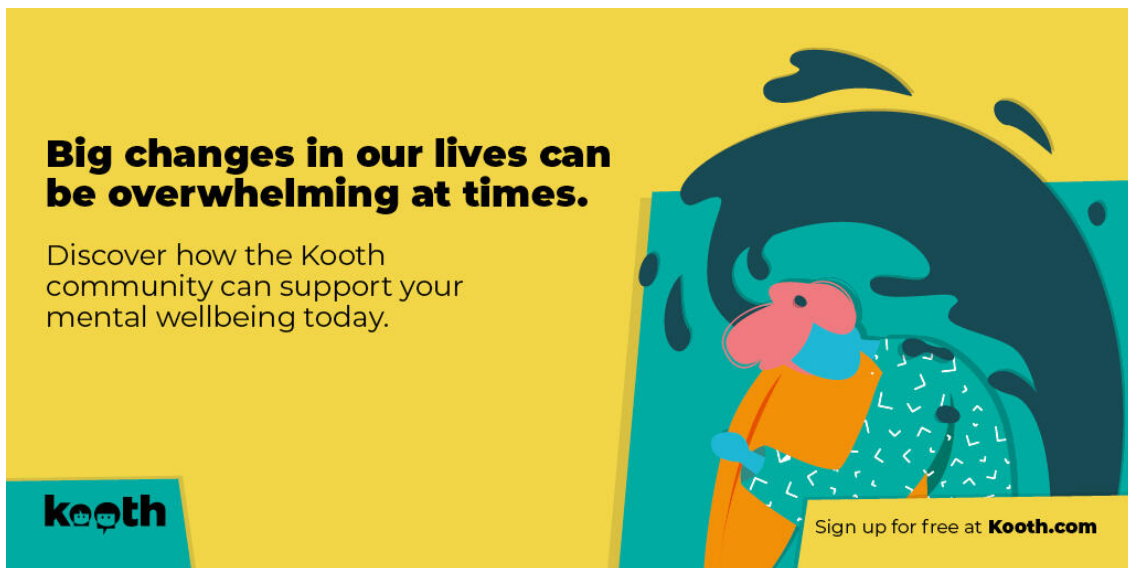
Explore self help tools or chat to a mental health professional today.”

[VIEW ASSET](#)

“82% of teachers say tests and exams have the biggest impact on pupils’ mental health. Find out more about the support available to students across Manchester on <http://go.kooth.com/CRdA> ”

[VIEW ASSET](#)

Support for Schools - Regional Transition Workshops for Y6 Pupils



Welcome to Kooth's regional transition workshops for June 2022

The workshops will be delivered by Kooth Engagement Leads and will include:

- Exploring thoughts and feelings year 6 students may have in preparing for secondary school.
- Techniques and coping strategies will be shared to support the stress and anxiety of being in a new educational environment.
- Information and advice on building resilience and understanding their surroundings.
- Self care and positive thinking will be discussed throughout.
- Guided Sign up to Kooth alongside mini activity examples.
- Follow up resources will be shared such as the mini activities booklet, pre-recorded assemblies and links to your local Kooth Engagement Lead

** Safeguarding statement: During each regional session all participants' cameras and mics will be off, each zoom will display as a webinar meaning only the hosts cameras will be visible.*

There will be a series of workshops taking place in June

21st/22nd/23rd June and 27th/28th/29th June

All sessions will take place 2pm-3pm on Zoom

To sign up please register through the Google form - [2022 Kooth Transition Workshop](#)

If you have any questions, please do feel free to contact Cheryl Allright at

CAllright@kooth.com

Information for Young People - Kooth Monthly Information Sessions



As exams approach, more young people may be looking for some support with their mental health and wellbeing.

For any young people who are interested in finding out more about Kooth, we host regular information sessions for young people living in London and the South East. Please share the link below so that young people can access this and find out more about the support Kooth can provide.

Our next session is on:

Monday 9th May 2022, 6pm - 7pm

Register here:

<https://www.eventbrite.co.uk/e/discover-kooth-young-peoples-information-session-tickets-225781246787?aff=ebdsoporgprofile>

Information for parents / carers



kooth

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:

Thursday 10th May 2022, 6pm-7pm

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



Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

- Think about whether your child feels ready to talk**
Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.
- Think about the setting**
Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.
- Practice asking open questions (rather than closed ones)**
Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.
- Take away the intensity**
It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.
- Listen carefully**
This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.
- Ask them what they need**
It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.
Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?
- Choose your timing wisely**
Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.
- Model it**
Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.
- Get creative**
We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.
- Name it**
Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, "You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?"

If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into [qwello](https://www.kooth.io).

These helpful tips from Kooth's clinical team can help parents and carers start to talk to their young people about their feelings.

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

If this feels familiar for you, you are definitely not alone!

If you want to read more about Kooth and the support we offer for your child or young person, you can download our Parent and Carer brochure [here](#).

Support for Adults - Qwell



The banner features the Qwell logo at the top center. Below it, the text reads: "Chat, listen, share, understand. We can all feel lonely at times. And that's ok." To the left, there is an illustration of a red brick building with ten windows, each showing a different person or scene. To the right, a white cloud contains the text: "Mental Health Awareness Week 9th of May - 15th of May". Below the cloud, it says: "Join our mental health and wellbeing community today to chat with a professional and connect with peers by visiting Qwell.io".

Our [Qwell](#) service for adults continues to grow and we are delighted to share that in the London & South East region everyone in Norfolk & Waveney over the age of 11 years can now access support through either our Kooth or Qwell services.

Our latest adult focused report, **Supporting Adults with Stressful Life Events in a Digital Service**, can also be found [here](#).

If you would like to know more about our Qwell service, please reach out to us at contact@kooth.com

What's on Kooth - May 2022



What's on Kooth in May

May 6th	May 9th	May 10th	May 11th	May 16th
Live Forum: Emotions - Alternative ways to explore and manage Our first Live Forum of May is all about emotions! Join our conversation about all the feels and how to manage if it gets overwhelming. 7.30 pm - 9pm	Kooth Podcast: How to Tackle Loneliness For Mental Health Awareness Week we're chatting all about tackling loneliness. Since lockdown, it's been difficult for a lot of us to reconnect with our friends and family. So we're going to talk about how loneliness can affect our mental wellbeing as well as offer some of our tips for re-forging connections. Find it on Apple podcasts and Spotify.	Discussion Board: Mental Health Awareness Week - Loneliness The theme of Mental Health Awareness Week for 2022 is loneliness, and it's something that we can all experience. This is a space to share experiences of feeling alone, and think about how we can connect with others to improve our collective wellbeing.	Live Forum: Support Friends - After a Crime Stop by our Live Forum about how to support a friend after they've experienced a crime. Share stories if you'd like, or learn about other organisations and spaces that can be helpful for someone who's gone through something tough. 7.30 pm - 9pm	Discussion Board: Accepting our Body Join our discussion about all the brilliant things our bodies can do! As the sun comes out, we can sometimes struggle with body image worries, so we're creating a space to challenge some of those body 'ideals' in the media, and focus on accepting ourselves, exactly as we are.
May 18th	May 21st	May 23rd	May 24th	
Discussion Board: Foster Care Fortnight This week we are talking about foster care. Maybe you've lived with a foster family, perhaps you have a foster sibling, or maybe you'd like to learn more about what it means to live in foster care. Stop by our discussion where you can share experiences, thoughts and questions about foster care.	Discussion Board: A Moment for Meditation It's World Meditation Day and we'd love to know your thoughts, questions and tips about meditating. Maybe you like breathwork, listening to guided meditations, or being in nature, or perhaps it's not something you've tried. Whatever your experience, we'd love to hear from you in the comments.	Live Forum: Misrepresentation in the Media This Live Forum is a space to talk about the impact of misrepresentation in the media, how to spot 'fake news', and how to manage if you've been impacted by unhelpful news stories. 7.30 pm - 9pm	Discussion Board: National Epilepsy Week Did you know that over 600,000 people in the UK have been diagnosed with epilepsy? Stop by our discussion to share your thoughts, experiences and questions.	

Find all of this & much more on **kooth.com**

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.

Kooth's Mini-Activity Hub



COME AND TRY OUR MINI-ACTIVITY HUB

- Connect with others
- Build helpful habits
- Manage your emotions
- Express yourself

Sign up for free at **kooth.com**



"Be part of the Kooth community" this Mental Health Awareness Week. Speak to other young people on Kooth and learn something new. It may also help you when you are feeling alone to feel part of a community.

Step 1: Check out the live forum calendar. Pick a topic you're interested in. The upcoming dates and topics can be found in the News' category of the Kooth Magazine on [Kooth.com](https://www.kooth.com).

Step 2: Join the forum of your choice.

Step 3: Observe the forum and send in a comment (e.g. a thought or a feeling). There is no pressure to comment, you can also just watch and read what's happening.

Step 4: Tried it? Take a moment to think about one thing that went well and one thing that didn't. Share your thoughts with your peers.

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](#), as well as on [Spotify & Apple](#)

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](#) or [Apple Podcasts](#)

