



Kooth Newsletter - June 2022

Pride Month - June 2022

Every year, during the month of June, the LGBTQ+ community celebrates in a number of different ways. Across the globe, various events are held during this special month as a way of recognising the influence LGBTQ+ people have had around the world.

Many young people from the LGBTQ+ community - or those exploring feelings around gender and sexuality - come to Kooth for support, either in our Kooth community by accessing articles, discussion boards or live forums, or by reaching out to our team of counsellors and emotional wellbeing practitioners.

In February 2022, Kooth ran a [Kooth Webinar for professionals supporting LGBTQ+ Young Adults](#) which you can watch by following the link.

Resources

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

- Kooth Pride Month June 2022 [A4 poster](#)
- Kooth Pride Month June 2022 [digital poster](#)

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 (Kent & Medway); kdawber@kooth.com

Support for Schools - Kooth Managing Exam Stress Recorded Workshop



Our Managing Exam Stress workshops were really well attended last month and booked up very quickly. Whilst we know that exams are now well under-way, we wanted to share with you the recorded workshop to share either with those who were not able to join the live sessions or for those who may like to look back on some of the hints and tips.

The Kooth Managing Exam Stress workshop recording can be found [HERE](#).

Support for Schools -

Kooth Young Males Mental Health Workshops



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Kooth is here to support you through anything.

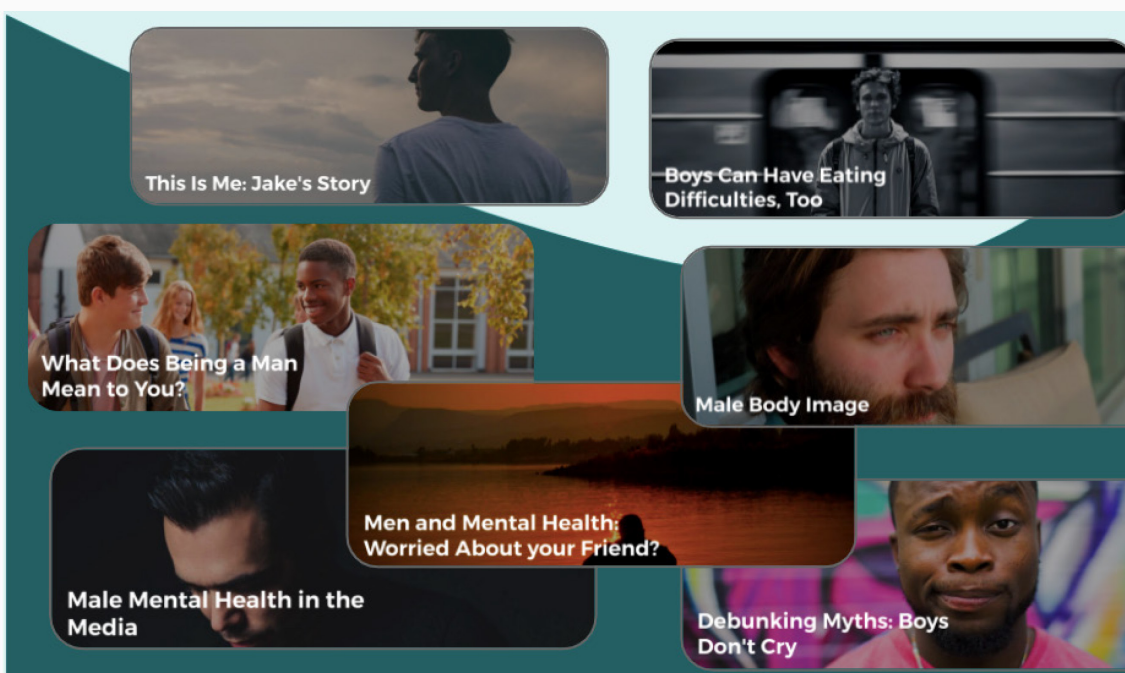
Big or small.

Sign up for free at [kooth.com](https://www.kooth.com)

FREE, SAFE & ANONYMOUS SUPPORT FOR YOUNG MALES' MENTAL HEALTH & WELLBEING
at www.kooth.com - online support for young people

We recognise that often young men have a barrier to receiving support and this can be for a number of reasons, some of which we have identified in our Kooth Pulse report and created a workshop in support. Mental health support for young men is so important.

Kooth has created a male targeted workshops designed to help young men identify, manage and get support for any questions or worries they may have.



This Is Me: Jake's Story

Boys Can Have Eating Difficulties, Too

What Does Being a Man Mean to You?

Male Body Image

Men and Mental Health: Worried About your Friend?

Male Mental Health in the Media

Debunking Myths: Boys Don't Cry

Please contact your local Kooth Engagement Lead to book a workshop or receive a recording for lessons and focus groups.

-What we offer-

- Free counselling from BACP accredited counsellors-
- Digital round the clock availability, enabling the likelihood of engagement-
- Free resources and support for your organisation-
- Free staff training on Kooth services-
- Class and group awareness workshops-
- Self help tools to build resilience and confidence-

Support for Schools - Regional Transition Workshops for Y6 Pupils

Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.

Sign up for free at [Kooth.com](https://www.kooth.com)

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 parents / carers



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Kooth information session for Parents and Carers

Find out how Kooth can help your child with their Mental Health and Wellbeing.

The image shows the Kooth logo on the left, which consists of the word 'kooth' in a lowercase, rounded font with a speech bubble icon above the 'o's. To the right of the logo is an illustration of a woman with long black hair and a red jacket, and a child with red hair, both looking towards the right. The background is a teal color with a white curved shape behind the figures.

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:

Tuesday 7th June 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.

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?



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.

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.

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?'

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.

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.

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 [qwell.io](https://www.kooth.com)

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.

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.

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.



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



Chat, listen, share, understand.
We can all feel lonely at times. And that's ok.

Mental Health Awareness Week
9th of May - 15th of May

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](#).

What's On Kooth - June 2022

Kooth will be hosting a series of discussion boards, live forums, podcasts and Magazine content in celebration of Pride Month this June.

Young people can find out more by signing up to Kooth at [kooth.com](https://www.kooth.com) and following the instructions below.



Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Discussion boards

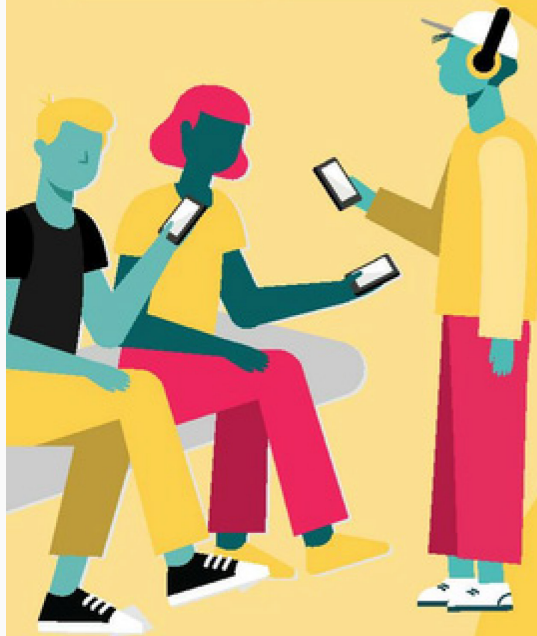
Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Daily journal and goal setting

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Mini activity hub

Select from a growing menu of fun, therapeutic and useful activities.



How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the **'Join Kooth'** button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

Where to find us



kooth.com



[@Kooth_UK](https://www.instagram.com/kooth_uk)



[Kooth_UK & Kooth Podcast](#)



[Kooth-Podcast](#)

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



This Pride Month why not unleash your **superpowers** by doing something creative! Expressing your creativity can be fun and also uplift your mood. You could use this activity as a way to celebrate what makes you unique, focus on and enhance your individual strengths, or imagine yourself without limits. Why not have some fun and '**Create your own superhero**'?

Step 1: Think about what powers you would have if you were a superhero (e.g. invisibility, the ability to fly, turn yourself into something else etc.)

Step 2: Think about what you'd do if you had these powers. Would you do something to help others, help yourself, animals or even the environment?

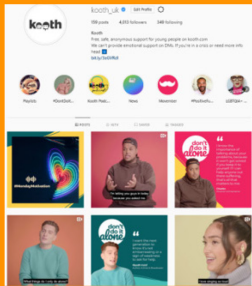
Step 3: Think about what your outfit would be.

Step 4: Think about your superhero slogan.

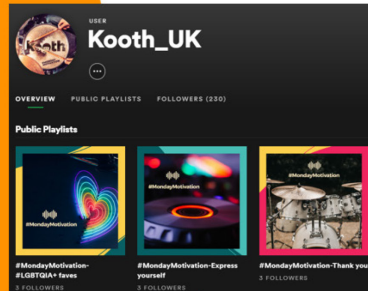
Step 5: (Optional). Draw or create your superhero and take a look at your masterpiece!

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](#)






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