

Kooth Newsletter- January 2022

**FREE, SAFE AND
ANONYMOUS
SUPPORT FOR YOUR
MENTAL WELLBEING.**



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

Welcome to the Kooth January Newsletter!

We have lots of Live Forums and discussions happening in January for young people to be a part of! They are all listed below and include Healthy boundaries, World Religion Day and many more!

Our young people can access our fully moderated support forums and discussion boards. We have a range of online magazine articles, self-care activities and other self-help tools, open to use for all individuals.

We have lots of 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 [Promotional Material](#)

Please reach out to your Kooth Engagement Lead if you have any questions, would like other resources, or are interested in booking any Kooth sessions for staff, students or parents.

Alina Ahmad- aahmad@kooth.com

Just a reminder of who we are:

Kooth.com is an online counselling, advice and support service for young people aged 10-18years within the local area. It provides a safe, secure means of accessing help via the internet from a professional team of counsellors. Whilst your child may not need or use the service, as part of supporting our students, we are ensuring all children and young people are aware of provisions in the area that could assist them, now or in the future.

Upcoming Events



What's on Kooth in January

Sunday 1st January

Discussion Board
What are your hopes for the year ahead?

Wednesday 11th January

Live Forum
Healthy Boundaries: Avoiding burn-out

Monday 16th January

Live Forum
World Religion Day: Our beliefs

Monday 23rd January

Discussion Board
How to talk to your parents about your worries

Find support from the Kooth community by visiting kooth.com today.

"I'M PROUD THAT MY
SCHOOL DID AN ASSEMBLY
ABOUT KOOTH. I'LL
NEVER REGRET GOING TO
THAT ASSEMBLY"



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

Kooth's team offer monthly information sessions for parents & carers interested in finding out more about Kooth services. 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.



Kooth information session for Parents and Carers

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



Please see below details and link for the first Parent and Carers information session of 2023!

Kooth Parent and Carer Information Session

Date: Thursday 12th January 2023

Time: 6:30pm-7:30pm

Zoom Link:

<https://kooth.zoom.us/j/86777276320?pwd=YUNBRXUvRHU1OTQ5ZG5id2NDRVhiUT09>



Mixed feelings about returning to school or college?

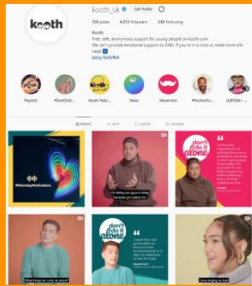
We're here if you need to chat to someone.

Find support today by visiting kooth.com

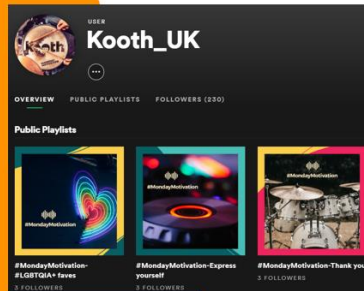


Some little Kooth extras.....

Kooth beyond Kooth.com



Instagram:
[@kooth_UK](https://www.instagram.com/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 & 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](#)



