



Welcome to [Kooth](#) and [Qwell's](#) **July newsletter for Local Services!** We hope this newsletter finds you well.

Join us for upcoming national webinars, where we discuss topics like **how Kooth and Qwell can assist with eating disorders, self-harm and self-injury**. Celebrate the strength of our service users in the **Kooth and Qwell Community Corner**, tune in to our **engaging podcasts** on Apple Music and Spotify, and don't miss our powerful new short film, "**Breaking the Stigma**", shining a light on men's mental health.

Remember, young people and adults can sign up around the clock and throughout the summer holidays, joining our supportive community of **over 1 million people** on Kooth and Qwell.

Live webinars

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

Kooth & Qwell: Maternal Mental Health - [12th July, 4-5pm](#) or [18th July, 10-11am](#)

How Kooth & Qwell Can Support with Eating Disorders and Self Injury/ Harm - [Wed 17th Aug, 12-1pm](#) or [Tue 22nd Aug, 4-5pm](#)

How Kooth & Qwell Can Support Male Mental Health - [Wed 16th Aug, 12-1pm](#) or [Mon 21st Aug, 4-5pm](#)

To view our bank of past webinars focused on topics like '**How Kooth and Qwell can support neurodiverse and SEND users**', click on [this link to our Vimeo account](#).

Summer activity sheets

If you're working with young people during the summer holidays, we have **17 activity sheets** that are available on request from your local engagement lead.

[Here's](#) our '**Understanding the masks we wear**' activity, designed to help young people visualise and reflect on the parts of themselves they may want to present to others and the parts they may hide.

Breaking the Stigma: Kooth's new short film

Introducing '**Breaking the Stigma**', our new short film around men's mental health. Five male Kooth staff members came together in Sheffield to share their experiences, discussing the challenges men can face and how they prioritise their well-being.

Why not show our video to young people and adults you work with to raise awareness and get men talking? We recommend this video for ages 17+.

[Watch here](#)

Kooth Podcasts

Join us as we explore compelling stories and share practical techniques to empower young people and adults on their mental health journey.

Our latest podcasts give young people and adults practical techniques to manage

anxiety (**Try the STOP Technique for Anxiety**) and shine a light of recognition and understanding for individuals who've experienced being in care (**Pass the Parcel**).

Find us on Spotify and Apple Music by searching for '**Kooth Podcasts**' and/or '**Qwell Podcasts**'.

Kooth and Qwell: Community Corner

Here's what some of our service users had to say about [Kooth](#) and [Qwell](#):

'The team at kooth is so helpful and always have been supportive with anything no matter how big or small. For someone who wants help but isn't ready to tell someone they know, it's a great option. Also Kooth doesn't need a referral and you can start using it straight away. I do wish there was more support places like Kooth.' - Kooth user

'I have just finished my sessions with one of the counsellors and would recommend to others. I found the website easy to use, it was easy to talk about issues I was experiencing and I felt very supported throughout. 10/10 service.' - Qwell user

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

Contact details: ncross@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.