



Mental Health support for Children,
Young People and Adults in your community



Hello and welcome to [Kooth](#) and [Qwell's August Newsletter for Local Services](#) - we hope you're keeping well!

We're still here for young people over the summer holidays, and we're excited to tell you about Kooth's **Big August Ask Campaign**, where we'll be addressing questions young people seeking mental health support have submitted to us over the summer.

In this edition, you'll also find information on our **summer activity sheets**, details on our new **Muslim mental health series**, and in our **Kooth and Qwell community corner**, you can read feedback from our service users.

Plus, we have upcoming national webinars, where we'll discuss topics such as how Kooth and Qwell can support **male mental health**.

Live webinars

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

- **How Kooth & Qwell can support male mental health** - [Wed 16th Aug, 12-1pm](#) or [Mon 21st Aug, 4-5pm](#)
- **How Kooth & Qwell can support with eating disorders and self-injury/harm** - [Wed 17th Aug, 12-1pm](#) or [Tue 22nd Aug, 4-5pm](#)
- **Kooth and Qwell information webinar for professionals** - [Wed 6th Sept, 4-5pm](#)
- **Qwell information webinar for professionals** - [Mon 11th Sept, 4-5pm](#)
- **Qwell information webinar for adults** - [Fri 22nd Sept, 10-11am](#)

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

Big August Ask Campaign

We're excited to share our biggest campaign of the year - **The Big August Ask: ask Dr Kerry your questions.**

We want to make sure we do everything we can to provide valuable support this summer. Starting on the 1st of August, we'll be addressing a series of vital questions young people have submitted to us this summer. One of our amazing Senior Clinical Psychologists, Dr Kerry Irving, will be responding to these questions on our [Instagram](#), [TikTok](#), and [Twitter](#). We'll also be releasing a series of **brand-new blogs and live forums** on [Kooth](#) and a **new collection** on [Qwell](#).

We'd really appreciate anything you can do to help us spread word of our campaign. You can access all of our **digital and print campaign assets** [here](#) and follow our different Kooth social media channels to join the conversation.

But that's not all! We also have **NEW summer holiday** [printable posters and social media assets](#) to remind young people that whatever's on their mind this summer, we're here to listen.

Summer activity sheets

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

These fun and educational activity resources can be delivered by your own team and include activities focused on **expressing emotions, mindfulness, self-care, and relationship building.**

Muslim mental health series

We've recently published a Muslim mental health series on [Kooth](#), which consists of six written **articles** covering topics like "Managing mental health through self-love and faith: a Muslim woman's perspective" and "Stigma and mental health in the Muslim community".

We're also excited to share our new podcast about **role models and representation in the Muslim community**. You can find our podcast by searching for '**Kooth podcasts**' on Spotify or Apple Podcasts.

Kooth and Qwell: community corner

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

"I think that Kooth is an amazing service that has given me the opportunity to feel heard in times of need. To be anonymously supported is fantastic, as I can open up more. It provides much-needed support and the counsellors are lovely and write back really quickly, too." - Kooth user

"I have used Qwell on and off for around two years; it has been very helpful to me. It makes me feel less alone and enables me to work through difficult thoughts and feelings. Qwell is a great service, which is easy to access when it can feel as though there is not much other support available for mental health." - Qwell user

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

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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.

We are a BACP Accredited Service.



