



## March Newsletter 2021

It's nearly Spring! and we at [www.kooth.com](http://www.kooth.com) continue to be available for young people aged 11-19 in Plymouth and 11-25 in Devon for free, safe and anonymous wellbeing support and advice. In this newsletter we have provided some resources for you regarding some upcoming key dates as well as all things that will be happening at Kooth this month.

### Upcoming Key Dates

For the key dates below we have provided some supporting copy for your social media to ensure the right handles and hashtags are also used in these posts. Please feel free to use them and tweak as you see fit.

### Self-Injury Awareness Day

#### 1st March

Take a look at the resources we have created for this [HERE](#)

Facebook: This self injury day, Kooth\_plc's services are here to support anyone who is struggling. Online counsellors & practitioners, discussion boards, articles and more are there to provide support with free, safe and anonymous support. [kooth.com](http://kooth.com) #SIAD

Instagram: This self injury day, Kooth\_UK is here to support anyone who is struggling. Online counsellors & practitioners, discussion boards, articles and more are there to provide you with free, safe and anonymous support. [kooth.com](http://kooth.com) #SIAD

Twitter: This self injury day, Kooth\_plc's services are here to support anyone who is struggling. Online counsellors & practitioners, discussion boards, articles and more are there to provide support with free, safe and anonymous support. [kooth.com](http://kooth.com) #SIAD

## Eating Disorders Awareness Week

**1st-7th March**

Take a look at the resources we have created for this [HERE](#)

Facebook: If you or someone you know is struggling with eating difficulties, @Kooth\_PLC's services are available to support adults, children and young people through #EatingDisordersAwarenessWeek and beyond. Head to kooth.com for free, safe, anonymous mental health and wellbeing support.

Instagram: No one has to suffer with eating difficulties alone. This #EatingDisorderAwarenessWeek, check out Kooth\_UK for free, safe, anonymous online mental wellbeing support. They'll be articles, discussion boards, online counselling and more to help you with what you're going through.

Kooth.com

Twitter: If you or someone you know is struggling with eating difficulties, @Kooth\_PLC's services are available to support adults, children and young people through #EatingDisordersAwarenessWeek and beyond. Head to kooth.com for free, safe, anonymous mental health and wellbeing support.

## Don't Forget our #Dontdoitalone Campaign!



Our 'Don't Do it Alone' campaign launched on the 1st February and we really hope you have had a chance to promote this to young people. As always if you need any support from us please do get in touch. The campaign is designed to encourage open conversations around mental health so children and young people know they are not alone with their struggles. Some of the biggest stars on social media have joined us for this campaign and we really hope the video will appeal to the young people you work with. You can view the video [HERE](#).

Please do have a look at our accompanying session plan and resources for you to download and use virtually or in physical delivery.

Visit [explore.kooth.com/dontdoitalone](https://explore.kooth.com/dontdoitalone) for an overview of the campaign and download our bespoke materials in your area.

As soon as you can make sure to follow our Kooth's social media channels to keep up to date with the campaign: [Twitter](#), [Instagram](#), [Facebook](#) & [LinkedIn](#).

## Promotion Hub 🤔

Please remember you can access our promotion hub [HERE](#) where there are a variety of digital resources available to you including posters, videos, our Covid-19 infographics and data, as well as our key date resources. You can view our 'How to use' Swivle guide [HERE](#).

## Live Forums 💡

As usual our live forums continue and we have a range of really interesting discussions coming up that we also hope to be helpful as areas of discussion in your setting too.

*\*Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.*

## Friday 5th March- LGBTQ+ History Month!

In this live forum and to celebrate a look back over LGBTQ History Month in February, we are going to be chatting all about the history of the LGBTQ+ community. We are going to be sharing who inspires us, talk about the events and people that have been powerful key figures, fighting for the rights we can so easily take for granted and have shaped the long journey the community has been on. We will also talk about our future hopes and wishes for the community. So everyone is so welcome to join us to celebrate everything LGBTQ+!

## Wednesday 10th March- Disability Awareness

Disability can bring about a whole host of challenges. Tonight we'll be looking at the social model of disability, and how small changes can make a big difference to the quality of life to the disabled people around us.

## Friday 19th March- Pursuing Happiness

To mark the International Day of Happiness, celebrated throughout the world on the 20th of March, this live forum will be delving deeper into what it means to feel 'happy'. We will be exploring what that means or looks like to you, thinking about ways to find happiness where we may not expect, and consider why striving for a constant happy feeling may actually be problematic in our pursuit of happiness! All this and more in tonight's forum, everyone's welcome!

## Monday 22nd March- Spring'ing into Action

The Spring Equinox marks being roughly  $\frac{1}{4}$  of the way through the year. Here on Kooth, we think this could be a good time to pause, notice positive changes around us that may help to motivate us, and think about what we may want to achieve during the rest of the year. What motivates me? How can I achieve my goals? This live forum will help us answer those questions by taking stock of the changes that come during the spring time that may help to motivate us and by looking at how we can set goals more effectively in order to achieve those goals.

## Wednesday 31st March- Social Takeover: Easter Fun

After the success of reintroducing the social takeover at Christmas, we wanted to hand back over to you to round off the quarter! So in tonight's forum you will decide where the conversation takes us. The theme for the night is Easter Fun, so feel free to come along and share how you plan to keep busy this Easter Holiday! We hope the forum will be filled with fun facts and maybe even an Easter joke or too!

*\*On occasion, we may need to change the topic. We will do our best to let you know in advance.*

## Kooth Podcasts 🎉

This month in partnership with our Boys working Group we will be creating a series on **male mental health** to continue helping young people develop stronger mental and emotional wellbeing. You can check it out on [Spotify](#) & [Apple](#) Podcasts.

## Thank you! 😊👏👏

A big thank you to you all for your continued support! Please don't hesitate to contact Carina Miles - [cmiles@kooth.com](mailto:cmiles@kooth.com) and reach out for some support and any more info you might need. I continue to offer our FREE Kooth Training for staff as well as presentations and workshops for young people. I would be more than happy to help 😊