

Welcome to your April Kooth & Qwell news update!



April is finally here, with a much-needed break just around the corner for education settings & families. This month's news reminds you that **Kooth.com & Qwell.io** is online ready to support young people & families during the half-term holidays whenever they may need us. Don't forget April is also 'Stress Awareness Month' so another key campaign to ensure young people know how to access support if they're feeling stressed. This is particularly important as exam season is just around the corner. For some family households the increasing rates across energy bills, car fuel and house costs in general will be placing an increasing amount of stress on adults. This month helps us raise awareness and encourage adults to reach out for support via Quell.

Ages for Kooth & Qwell

Kooth.com (10 to 25)

Quell.io (24+)

Kooth in the Community

A series of Kooth & Qwell community setting visits kicks off on Monday (4th April) across South Tyneside during April/May 2022. We'll be joining forces with local community centres, community projects (such as Kind Mind Community) and foodbanks (Hospitality & Hope) hosting our information stands. This is a chance for anyone local to grab free information, find out more about Kooth or Qwell and ask me any questions they may have. **See attached full list of dates & venues.**



Kooth 'Workshop & Training Offer' Menu

We've put together a menu which highlights the free workshops, assemblies, staff training and information sessions we're offering in Spring & Summer 2022. This can be used by education settings and organisations who wish to pick & choose from the range of support we can deliver. We can customise our approach to fit with your needs so please get in touch with any queries and to book your sessions.

What's happening this month?

Kooth Live Forums, discussion boards & podcasts

As always, the content team has been working hard to create a fantastic selection of live forums and discussion boards for young people to take part in during April. This month we'll be kicking off with 'Marvel' where a former Marvel writer will be sharing their tips on superheroes and disability representations as well as how to create your own superhero. Young people can also join in Ramadan Mubarak celebrations and discuss how to prepare for exams. Find out more here.

Stress Awareness Month

Young People

This month you can help encourage young people to reach out for support if they're feeling stressed by using our handy graphic across your online platforms. Young people can also join a live forum on April the 5th focusing on this year's theme 'community' and how connecting with others can reduce stress levels. You can support on social media using the following suggested post:

Find support this #StressAwarenessMonth at Kooth.com. Talk to a mental health professional, explore helpful articles or speak to others with similar experiences in the community.

kooth
What's on Kooth in April

Friday 1st April
Kooth Podcast
Let's talk about Marvel, Mental Health & Disability
Join in for a new Kooth podcast featuring a former Marvel writer sharing tips on how to create your own superhero.

Saturday 2nd April
Discussion Board
Ramadan Mubarak!
Celebrate Ramadan with us and learn how to prepare for exams during this holy month.

Monday 4th April
7:30pm-9pm
Live Forum: Technology
Join Tom for 'TechTok' and learn how to use technology to support your mental health.

Tuesday 5th April
Discussion Board
Get Together for Less Stress!
This month is Stress Awareness Month, and this theme is all about how we can reduce stress levels by connecting with others.

Friday 15th April
7:30pm-9pm
Live Forum: Let's Talk About Autism
This week's theme is all about autism. Come and share your ideas and experiences with us.

Wednesday 20th April
7:30pm-9pm
Live Forum: Exams, getting prepared
Ahead of exam season, come and share your thoughts, worries and tips about how to prepare for those upcoming tests.

Thursday 21st April
Discussion Board
Our World and Our Wellbeing
We all have a part to play in creating towards a healthier world, but sometimes it can feel like an overwhelming task. To mark International World Water Day, join our team and share the ways we can take care of our planet, whilst also looking after our own wellbeing.

Find out all of this & much more on **Kooth.com**



Adults

We're also encouraging adults to reach out to Qwell.io for support during 'Stress Awareness Month' this is particularly important as the country adjusts to the soaring costs of everyday living. The new rates are leaving some families in financial difficulty which may lead to stress. Why not raise awareness on social media using the following suggested post:

1 in every 14 people in the UK say they feel stressed everyday. Find support at Qwell.io this #StressAwarenessMonth.



Kooth & Qwell – How we support Mental Health Care Pathways

This month we're hosting two free online event webinars for professionals who wish to find out how we work with other mental health providers supporting mental health care pathways. You'll be able to hear from an expert member of our clinical team as well as understand how our model of care supports patients. You can choose from two dates and register using Eventbrite here:

Tuesday 5th April, 10am to 11am

Thursday 7th April, 4:30 to 5:30pm

<https://www.eventbrite.co.uk/e/kooth-and-qwell-supporting-mental-health-pathways-tickets-276789533947>

Primary School (Transition Workshops for Year 6) - Bookings now open

Don't forget primary schools across South Tyneside are being invited to book their free workshop in preparation for Spring/Summer term supporting year 6 moving onto secondary school. The transition workshops provide students with an opportunity to explore their feelings, feel more prepared and know where to go for support if they feel unsure or nervous in the first few months of adjustments. Interested in finding out more? Email jaustin@kooth.com



Resources

Don't forget Brandmaster now offers you direct access to a range of resources to compliment your social media and online platform communications. Easy to download assets can be found [here](#).

Don't forget you can replenish your posters and cards by getting in touch to place a free order. Our real posters and cards are great for placing on display within your classroom or community venue. The cards are small and discreet making it easy to hand these to young people who may need support. Take a look at one of our new posters [here](#).

New Social Media Guide

Our marketing team have launched a new social media guide with handy 'ready to use posts' that can be copied and pasted along with our Brand Master graphics. Follow the instructions throughout the guide to use on your platforms. Find out more [here](#).

Kooth's approach to providing an online service

A new guide has been developed highlighting our approach to providing an online service. It gives you an insight into how to manage risk online, our approach to training, value of providing an online service and much more. Find out more [here](#).

Additional Information

You can also follow us on social media for latest updates and activities.

Spotify: [Kooth Podcast](#)

Instagram: @kooth_uk

Twitter: [@JAustinKooth](#)