

## February Newsletter



### #Dontdoitalone Campaign is LIVE!

We are happy to announce that the 'Don't Do it Alone' campaign launched on the 1st February and we hope you are enjoying your preparations for this and 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](#).

To accompany the video, we have created an informative and interactive session plan for you to download and use virtually or in physical delivery.

To integrate the campaign into your planning please do the following:

1. Visit [explore.kooth.com/dontdoitalone](https://explore.kooth.com/dontdoitalone) for an overview of the campaign and download our bespoke materials in your area.
2. 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](#).
5. Please share the link to the [landing page] with as many contacts and interested parties across your area as possible. The aim of the campaign is to get the message out to as many people as possible and support as many organisations and professionals as possible in your area.

## **Continued Support...**

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, accessible from any internet enabled device.

Following my previous communications and offer of virtual or recorded assemblies and staff training/refresher sessions, I will be continuing to offer these to you along with my support during this difficult time. We also have a range of mental health and wellbeing themed workshops resources that can be provided for you and also delivered virtually.



**If you would like to enquire or book for the Kooth training and assemblies please do get in touch [cmiles@kooth.com](mailto:cmiles@kooth.com)**

### **Promotion Hub 🙄**

Please remember you can access our promotion hub [Swivle](#) 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.*

### **Monday 8th February—Supporting a Friend –Consent**

Consent has been a hot-topic in recent years, but what exactly does it mean? Tonight we'll be looking into the different ways consent shows up in our lives, how we can keep ourselves safe, and how to recognise if our own actions are being consented to by someone else. Come along to learn about consent, meet other young people, and hopefully have some fun while we do it!

### **Friday 19th February—Tips for Keeping Motivated Motivation**

You may hear that word often, especially when it comes to life-goals, education and career-paths.

But what does it really mean? Tonight we will be talking about motivation vs. constant striving, possible downsides to setting high standards and expectations, and some tips for breaking down our goals into smaller, more achievable targets for us as individuals. Feel free to come along and share what motivates you, provide tips about what keeps you motivated, or you may just want to sit with us and listen for the evening. Whatever the case, you're more than welcome!

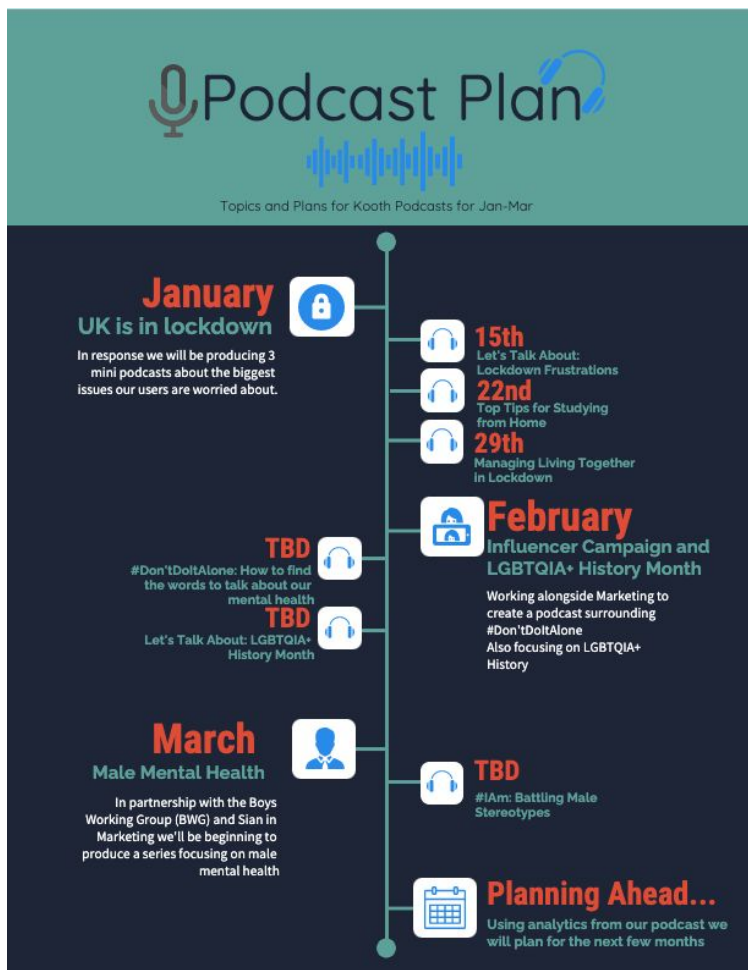
## Monday 22nd February–Mindfulness for Depression and Anxiety

You may have heard the term ‘mindfulness for depression and anxiety’, but do you know what it means? This live forum will be considering useful techniques from mindfulness, such as grounding and being present, and how these may help to alleviate symptoms of depression and anxiety. We will be thinking about different thinking styles, ways to try and anchor ourselves to the current moment, and small activities you can try in order to find a little bit of peace and calmness.

Everyone’s welcome, and we hope to see you there

### Kooth Podcasts 🎧

We are excited to share our Kooth Podcast plan which are developed by our wonderful content team 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 me at [cmiles@kooth.com](mailto:cmiles@kooth.com) and reach out for some support and any more info you might need. I would be more than happy to help 😊