



Supporting the mental health
of children and young people
in your community

Welcome to [Kooth's](#) **May newsletter for local services**. We hope you're keeping well!

It's **Mental Health Awareness Week** from 13-17 May - an important week to shine a light on mental health and break down stigma.

With 37.4 % of Kooth users reporting stress & anxiety, 24.7% reporting suicidal ideation, and 17.6 % reporting self-harm in your region.

It's so important that we work together to raise awareness of the mental health support available to young people.

With many young people preparing for their upcoming exams this term, please let them know that Kooth is here to help with any stress or anxiety they may be feeling. We also have a [support guide](#) for you to share with young people on coping with exam stress, an [exam stress recorded webinar](#), and articles on Kooth such as "[The ultimate exam stress toolkit](#)" that can help.

For more information about free resources or for local network briefing, please complete [this form](#).

Support for Local Professionals

Next month, we're running KoothTalks training webinars on **why support for diverse & seldom-heard young people is more important than ever**.

Please share these booking links with your team:

[Mon 24 June 10-11am](#)

[Tues 25 June 1-2pm](#)

(Don't worry if you can't make these times - just fill in the short form and we'll send you the recording to watch in your own time).

Helpful Resources

- **Mental health awareness week:** to help you explore this year's theme: "**Movement: Moving more for mental health**", we've put together a wealth of free resources you can explore with your young people, including: [activity sheets](#), [supportive articles](#), and [digital posters](#)! And keep an eye on our socials as we'll be sharing supportive content throughout the week.
- **Support for Muslim parents:** please share our new information booklet for Muslim parents "[Young Muslims and mental health](#)".
- **New Kooth podcast:** check out our latest Kooth podcast "Scared of the dark: a guided meditation" - available on [Spotify](#) and [Apple Podcasts](#). Also, look out for our upcoming podcast where we chat to a sleep expert who gives her tips on getting a good night's sleep before an exam.

And finally you can visit our [promotion hub for charities and social care](#) for our full range of digital resources.

We want to hear from you!

We'd love to get your feedback on our monthly newsletters and how we can improve them to suit your needs - please complete our [short survey](#) to share your thoughts.



