

# ***Kooth and Qwell Engagement Newsletter for Cheshire & Merseyside***

Welcome to our July edition of the **Cheshire & Merseyside** newsletter, containing resources and activities to help support mental health and wellbeing. We will be sharing updates for both our **Kooth** (children & young people) and **Qwell** (adult) services.

This month as part of our Kooth and Qwell engagement we have more local webinars for professionals to check out, new promotional resources tailored for adults and young people, and another Kooth activity from our mini activities hub. We will provide the following key resources:

- *Virtual event listings for Cheshire & Merseyside*
- *Kooth Activity: Create a positive word board*
- *Digital resources and promo materials*
- *Kooth & Qwell podcast details*

## **Remember!**

Free, safe and anonymous support is available to all young people on Kooth.com and adults on Qwell.io across Cheshire & Merseyside and all our resources and engagement offers are FREE for education settings, workplaces, services, and charities to access.

[Find out more about Kooth Digital Health here.](#)

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# Virtual Events

## **For Parents/Carers in Northwest England and Wales**

We feel it is important that you know about Kooth.com and Qwell.io to understand what support they can offer. We will be hosting this online session to allow parents and carers to learn more about these services and ask any questions you may have.

**Date: Thursday 7th July 2022**

**Time: 6:00 - 7:00pm**

[REGISTER HERE](#)

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## **For Professionals in Cheshire & Merseyside**

Check out our Discover Qwell Eventbrite session for all Professionals working with young people and adults in the Cheshire & Merseyside area. This session will share information about the support available for your service users, their parents and family members, and your staff.

**Date: Monday 18th July 2022**

**Time: 12:00 - 1:00pm**

[REGISTER HERE](#)

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## **For All Professionals Supporting Male Mental Wellbeing**

We will be running an online session explaining how both [Kooth.com](#) and [Qwell.io](#) can help and support males. The session will also include discussion around how both services open up accessible ways to receive and offer support to other males who may have been through similar lived experiences.

**Date: Thursday 21st July 2022**

**Time: 4:00 - 5:00pm**

[REGISTER HERE](#)

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### **For Professionals in Cheshire & Merseyside**

Check out our Discover Kooth Eventbrite session for all Professionals working with young people and children in the Cheshire & Merseyside area. This session will share information about the support available for your service users and ask any questions you may have.

**Date: Wednesday 27th July 2022**

**Time: 12:30 - 1:30pm**

[REGISTER HERE](#)

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**Kooth Activity:**

***Create a positive word board***

## Create a Positive Word Board

Write down your favourite words! Think of some words that make you smile and write them down! You can decorate your word board and keep it as a reminder when things are tough!

Remember you don't have to try it, and you can stop at any time.

### Step 1

Get some pens, pencils, paints and paint brushes, whatever you like, and something to write or draw on!

### Step 2

Have a think about some positive words you want to include. These could be words to describe yourself, or just fun words that make you smile when you think of them! If you're struggling to think of nice things to say about yourself, think about how you might describe your favourite things or people!

### Step 3

Think about how you want to lay the words out on the page. You could do a word cloud, or a mind map, or a list, whatever you fancy!

### Step 4

Start writing! The words can be any size, shape, colour - have fun with it! Notice how you feel as you write the words out.

### Step 5

(Optional) Hang your word board up where you can see it, so that you have a constant reminder of how amazing you are!

Over the summer period, an activity focusing on the positives can be just the ticket to keep our moods as sunny as the weather.

Creating a positive word board is a way to concentrate our attention and energy on more positive emotions, affirmations, and the things we feel most grateful for. When we channel our focus in this mindful way, it helps us to counter the more negative thinking we can often lapse into without realising.

Why not share with any adults or young people you're supporting Kooth's '*Create a Positive Word Board*' activity?

# Useful Resources

*The following resources aim to highlight what's happening over on Kooth.com and Qwell.io and support in promoting awareness to these wellbeing platforms.*

## Summer Holidays

**- Click on the images below to access**

We've created a package of digital and print resources that you can use to signpost to Kooth throughout the summer holidays. Please remind children and young people that whilst the support they receive from their time at school may be reduced over the summer holidays, Kooth.com is still here for them throughout the summer and all year round.

You can access these resources by clicking on the images below or going to [promote.kooth.com](https://promote.kooth.com).

**kooth**

**Kooth is here, year round. Even when schools are out.**

Find support for your mental wellbeing, no matter what's on your mind.

Visit **kooth.com** today





## **Case Studies for Kooth and Qwell** *- Click on the images below to access*

We wanted to take the opportunity to share insights into how we support our service users. The case studies we feature on [promote.kooth.com](https://promote.kooth.com) highlight examples of best practice from our online service delivery team when supporting people with their wellbeing.

You can access these resources by clicking on the images below or going to [promote.kooth.com](https://promote.kooth.com).

# Kooth Case Study

You can access our anonymous service user case study for Kooth about Tia (pseudonym), a 16 yr old female with a history of abuse, anxiety, and experiencing intrusive thoughts, over a [promote.kooth.com](https://promote.kooth.com).



**kooth.com**

## Qwell Case Study

You can access our anonymous service user case study for Qwell about Sophie (pseudonym), a 38 yr old woman with risks of self harm and suicidal thoughts, over at [promote.kooth.com](https://promote.kooth.com).



**qwell.io**

## Qwell Digital Fact Leaflet

***- Click on the image below to access***

We have released our latest Qwell leaflet to inform people about what our online service provision involves for adults. This leaflet includes reasons why our service users check out the Qwell platform, and features stats on how our users feel after accessing Qwell.

You can access this resource by clicking on the image below or going to [promote.kooth.com](https://promote.kooth.com).





# Free, safe and anonymous mental health and wellbeing support at your pace

What you'll find on Qwell

*Some promo images to use this July for Kooth and Qwell:*

**kooth**

## What's on Kooth in July

Monday, 4th July	Saturday, 7th July	Sunday, 8th July	Wednesday, 13th July
<b>Live Forum:</b> Self care: Journey to journalling <b>7.30pm - 9pm</b>	<b>Discussion Board:</b> Alice's Day (Alice in Wonderland Day)	<b>Discussion Board:</b> Eid ul-adha	<b>Live Forum:</b> Disability: Thinking about ableism <b>7.30pm - 9pm</b>
Friday, 22nd July	Friday, 22nd July	Wednesday, 27th July	
<b>Live Forum:</b> Peer pressure: Making our own choices <b>7.30pm - 9pm</b>	<b>Discussion Board:</b> Schools out For Summer	<b>Live Forum:</b> Social takeover: Summer plans <b>7.30pm - 9pm</b>	

Find all of this & much more on [kooth.com](https://www.kooth.com)



## What's on Qwell in **July**

**3rd July**

**Qwell Discussion Board**  
National Bereaved Parents Day

**5th July**

**Qwell Discussion Board**  
Happy Birthday NHS!

**8th July**

**Qwell Discussion Board**  
Eid ul-adha

**25th July**

**Qwell Discussion Board**  
National Schizophrenia  
Awareness Day

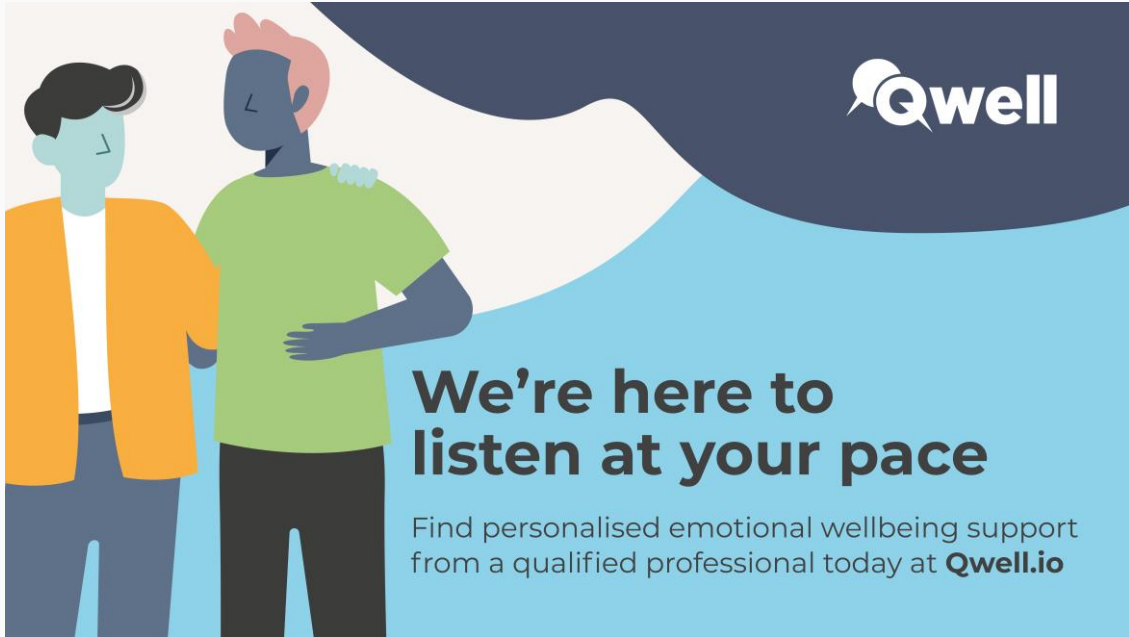
Visit [www.qwell.io](http://www.qwell.io) today to access free, safe and anonymous mental health and wellbeing support.



**You can still access  
support over the  
summer holidays**



Join our community at [kooth.com](http://kooth.com)



**We're here to listen at your pace**

Find personalised emotional wellbeing support from a qualified professional today at [Qwell.io](https://www.qwell.io)

## Kooth & Qwell Podcast Details

### *Kooth and Qwell's June podcasts:*

> *Kooth: Creative Writing Podcast: Creating Queer Representation*

As part of our Pride month celebrations, we've put together a special episode of our creative writing podcast series.

For advice on avoiding stereotypes, creating queer friendly spaces, and how to make your characters well-rounded, come listen to the conversation!

Check out all the streaming platforms you can access this podcast on [here](#).

> *Kooth: How to Support our LGBTQIA+ Loved Ones*

When supporting our LGBTQIA+ loved ones, it can be difficult to know what to say. Beth and Sam talk about their own experiences, and pass on their advice to you.

Check out all the streaming platforms you can access this podcast on [here](#).

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> *Qwell: An Interview with Dr Jeri Tikare, Part 2*

Jeri and Lex are back for the second part of their discussion about racism, microaggressions, and what it means for your wellbeing.

Check out all the streaming platforms you can access this podcast on [here](#).

> *Qwell: Welcome to the Remedy Sessions*

Get to know the hosts of our brand new podcast series all about male mental health.

Join Hukz and Dom as they chat about why this series is so important to them, how they met, and what the future holds for this journey.

Check out all the streaming platforms you can access this podcast on [here](#).

> *Qwell: Fatherhood: A Parenting Chat*

Join Jeri and Andrew as they discuss all things Dad-related in our latest Qwell podcast. From the tough moments to things they have learned along the way, have a listen in...

Check out all the streaming platforms you can access this podcast on [here](#).

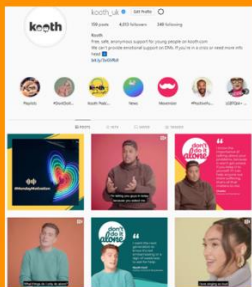
> *Qwell: How to Support our LGBTQIA+ Loved Ones*

Listen in for a chat about how we can support our LGBTQIA+ loved ones. From simple word changes to educating yourself on certain topics, even the smallest changes can make huge differences for the people in your life.

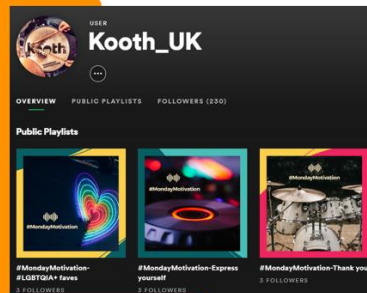
Check out all the streaming platforms you can access this podcast on [here](#).

## Some little Kooth & Qwell extras.....

### Kooth beyond Kooth.com



Instagram:  
[@kooth\\_uk](#)



Spotify Playlists:  
Kooth\_UK



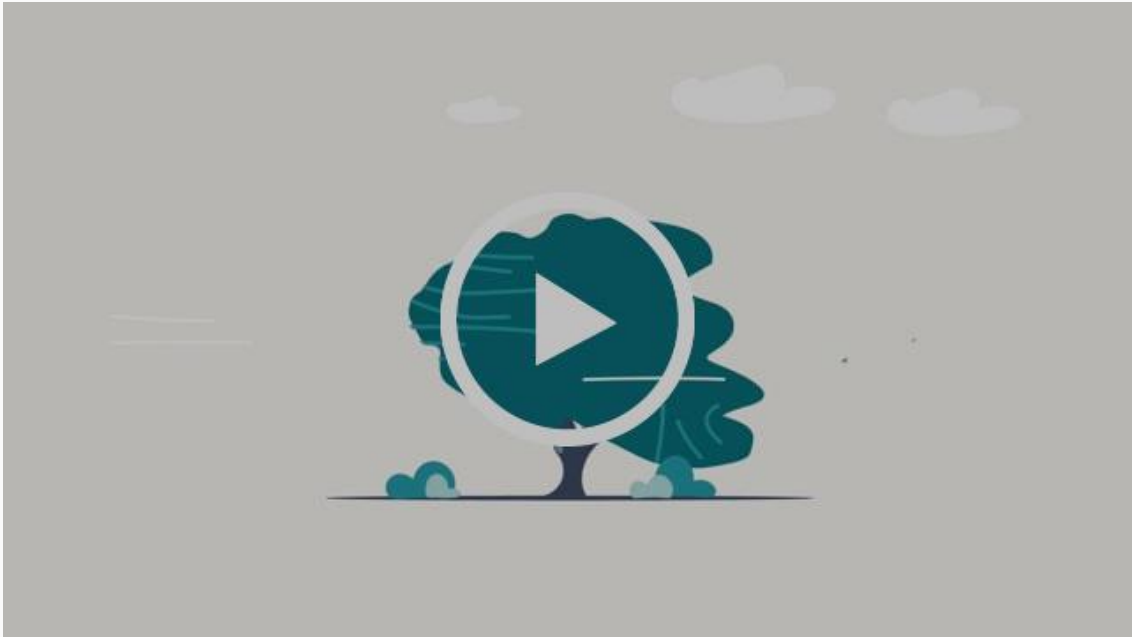
"Kooth Podcasts" on  
Spotify & Apple

You can find Kooth on **Instagram**, as well as on **Spotify & Apple**

Kooth has a range of playlists, from Motivational Mondays to Pride Anthems, which you access on Spotify by searching Kooth\_UK

Also, make sure to check out our latest **Kooth podcasts**.

Click the links to listen on [Spotify](#) or [Apple Podcasts](#)



Check out our promotional video to hear more about the Qwell service.



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 [www.koothplc.com](http://www.koothplc.com)

[Research Library: View our Archives](#)

**What's On Your Mind?: Support for Students**

**Kooth Work: Employee Mental Health Support**

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