



**Kooth & Kooth Student
Value Added Content Report**

Q1 2020

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Introduction

This quarter has shown us more than ever just how critical it is to have a digitally available mental health and wellbeing service.

Under the pandemic, children and young people (CYP) are experiencing significant change. We can see first-hand how some are struggling. This struggle may be with schoolwork and an adjustment to remote learning. It may involve new feelings of anxiety, sleeplessness or loneliness. We know that many CYP are living in households where they don't feel safe.

This quarter, we began compiling a series of [Data Insight Reports](#), showing how Covid-19 and lockdown was impacting the mental health of the thousands of children and young people on Kooth.

Unsurprisingly, the reports showed that demand has risen. There are now 37.8% more logins to Kooth than there were last year. Worryingly, we have seen a 40% increase in suicidal thoughts as a presenting issue and a threefold increase in sadness. Loneliness has risen by 134% and 'school and college issues' by more than 200%.

By far the largest volume of presenting issues are around anxiety, seen in 37% of all CYP.

As you would expect, our teams have responded by ensuring we have professionals available for counselling and support, with up-to-date resources and therapeutic content available for anyone at any time. Live forums have been hugely popular. During this period in particular, the content team has produced a staggering number of articles - as you will see in this report. Our 'measure of need' questionnaire research shows that 85% of young people are finding our peer support and content helpful.

This quarter we were excited to launch a new feature on Kooth: mini activities. These are discreet activities, such as 'Create a recipe for coping', 'Create a daily plan for yourself' or 'Practice being present' which young people can try and report back to others on.

We're also now promoting our popular Spotify playlists, where we give CYP the chance to suggest their favourite songs aligned to a specific theme, such as 'celebrating family'. CYP can then listen to any of the playlists created.

As always in this report, you will find a run-down of content created exclusively for Kooth, with a focus on Covid-19 related pieces. We'll also tell you about all the live forums we held, content we produced specific to Black Lives Matter and to Pride. You can also see a selection of comments from our CYP community, which show us all the incredible value in being able to offer support exactly when it's needed.

"there are so many kind, understanding, genuinely friendly and thoughtful people, who even though ive never met, I don't know their real name and ill probably never see them, theres this kind of mutual connection ... this weird sense of community and belonging. Im so glad I found kooth, its already helping me." (CYP on Kooth)

Kooth Covid-19 Content and Work

XenZone has published several Data Insight Reports analysing the use of our Kooth and Qwell platforms since lockdown. Data has been shared widely, including with Public Health England.

Specific presenting issues have increased in prevalence across our children and young people, student and adult populations. The most significant increases are being seen with those presenting with:

- School/college issues - up 246% on last year
- Sadness - up 211% on last year
- Loneliness - up 135% on last year
- Anxiety/stress - up 53% on last year (this is the most prevalent presenting issue, accounting for 37% of all issues)
- Family relationships - up 50% on last year
- Self harm - up 45% on last year
- Suicidal thoughts - up 40% on last year

On the site, many issues being discussed and shared are around a return to school and worry over exam results. Some are affected by the general uncertainty, while others have specific worries, eg a return to being bullied. A significant number have been struggling with the volume of school work they have been given. Concerns with home life have continued, with disputes and tension between family members evident. Boredom remains prevalent. Specific struggles with self-harm and suicidal thoughts are increasing.

It is vital that we ensure we are providing content as therapy for every individual on Kooth. To this end, the community engagement and content team's work is being continually informed by this live site data, as well as direct feedback from CYP, our online mental health practitioners, our commissioners, the media's agenda, social media and by other data sources, such as popular internet search terms.

Content this quarter on issues associated with Covid-19:

April 2020

How Isolation is Affecting Our Religions

Explores how isolation is changing the way communities are practicing their religions, as well as helpful tips on how to stay connected to your religion and those around you during this time

How Coronavirus Impacts Eating Disorders

Explains the concerns individuals with eating disorders may be experiencing due to Coronavirus, and provides advice regarding accessing medication, managing food and exercise, and implementing routines

Apps to Help Isolation and Relaxation

Has a helpful list of mindfulness and relaxation apps as well as learning languages, and relaxing games

Managing Mental Health in Isolation

This article offers top tips for managing mental health during lockdown: learning about coronavirus; seeking ways to manage panic; creating routine; studying from home; using apps; coping with change; attempting the goodbye writing challenge;

finding escape through music and tv/film; considering the benefits of being indoors; working on self-care

How Coronavirus Impacts People in Care

To help offer more information and advice to young people in care, this article looks at: How coronavirus may impact young people in care; Guidance around going to school; Rights around family contact and support meetings; Impacts on foster and kinship care

A Quick Guide to Children's Homes under Lockdown

A look at how children's homes will be impacted in the wake of the coronavirus outbreak, and what self-isolation will look like for young people in these homes

Being a Care Leaver in this Uncertain Time

Why recent events with the coronavirus may have a particularly hard impact on care leavers; how to keep contact with a personal adviser; the impact on transitions into independent living; and information and advice for care leaver university students

The Impact of Coronavirus on Domestic Abuse

This article explains domestic abuse, what's happening with Coronavirus, how these circumstances can make life worse for a survivor of domestic abuse, and considers vital options of support

Safety Planning During Coronavirus

Offers a comprehensive step by step guide of creating a safety plan during the Coronavirus health crisis. Lists support services available

Keep Safe From Domestic Abuse During Lockdown

Considers the way a domestic abuse survivor can keep themselves safe during lockdown: creating a safety plan; practising self-care; and reaching out for help. Lists support services available

The Impact of Covid-19 on GCSE's and A Levels

Explores the government's response to the cancellation of exams, schools and colleges as a result of the coronavirus pandemic. Includes information on what will happen to students' grades

Students' Thoughts on Coronavirus and Exams

Explores student responses to the closure of schools and colleges and cancellation of exams

Staying Active Indoors

Contains tips and activity ideas for keeping active and to stay moving whilst indoors. They steer away from traditional work outs and are more activities to have fun with whilst keeping moving

We're All In This Together

Positive thinking whilst in lockdown, focusing on making the most of the time we have with family, being creative and keeping safe

Managing OCD during a Pandemic

Helpful tips and understanding about how the global pandemic can affect people with OCD, ways to deal with cleaning, contamination and harmful thoughts

Coronavirus and Bereavement

Managing bereavement during lockdown. Includes information on staying connected with others, acknowledging grief, having a routine, self-care and alternative ways in which to say goodbye

Our Top Gaming Picks For Lockdown

Considers how gaming can help during lockdown, and offers the media team's top recommendations for games to play in this time

How To: Express Yourself in Isolation

Looks at the following ways you can express yourself during lockdown: creating window art; styling hair; experimenting with makeup; clothes and accessories; posting on social media; creative writing

May 2020

Being Furloughed

Advice on what being placed on furlough means, what your rights are, how to apply as an employer and an employee and how to cope with the added anxiety of not having job security during the coronavirus pandemic

How our Furry Friends Help Us in Lockdown

This article considers all the ways that pets can improve our moods, and we hear from the Kooth team how their pets have made the days in lockdown pass that little bit easier

Managing Life in Quarantine

Provides links to other magazine articles regarding managing life in lockdown such as studying, staying active, life in care, and being indoors

Coronavirus and the World of Sport

Discusses the impacts the global coronavirus outbreak has had on sports, and ways different sporting communities have responded to the crisis in the UK. Also looks at ways young people can keep active at home

Coronavirus Lockdown Confessions

Addresses some common concerns about feelings regarding lockdown such as feeling pressure to exercise, be productive and learn new skills, whilst also being fed up with the current situation

Observing Ramadan in Lockdown

This article explores how to make the most of Ramadan whilst in lockdown due to Covid-19. Includes tips and advice on how to use alternatives to still enjoy the holy month

June

Living in a Rural Area During Lockdown

This article touches on how lockdown has differently affected those living in rural areas and how to combat isolation due to this

10 Top Tips for Managing Anxiety in Lockdown

Ten top tips on how to manage anxiety in lockdown, including self-care, keeping in touch with loved ones, staying physically healthy and looking for the positives

Worried about going back to school? (10-13)

Explains to primary and younger secondary school students, including the returning Year 6, some of the changes of returning to school after lockdown; including COVID checks, social distancing measures and changes to teaching and socialising

Worried about going back to school? (14+)

Explains to secondary school students, including the returning Years 10 and 12, some of the changes of returning to school after lockdown; including COVID checks, social distancing measures and changes to teaching and socialising

Lockdown n Love

Provides tips about how to safely date during lockdown, as well as advice on how to manage your romantic relationships during this time if you already have a partner

Lucky in Love: Andy's Story

Tells the story of Andy's experiences successfully dating under lockdown

Lockdown: The Latest

Explains changes to the UK's coronavirus lockdown as we ease restrictions, including what are some of the changes, why they are being changed now and how to still keep safe as we reopen

Kooth Student Content

My Thoughts on University Closures

A Kooth student opinion article on university closures as a result of coronavirus, and the uncertainty of what happens next

Student Life & Coronavirus: Academic Impacts

This article offers information and advice around: how applications to university are impacted; what online teaching involves; and how exams are affected

Student Life & Coronavirus: Accommodation Impacts

This article offers information and advice around options to either stay in or leave student residence

Student Life & Coronavirus: Work Impacts

Considers how the coronavirus outbreak has impacted students who work, and ways for students to manage financial uncertainty. Offers information around: student loan payments; coronavirus job retention scheme; and alternative ways to make an income

Student Life & Coronavirus: Social Impacts

This article looks at the social repercussions coronavirus is having on students, including: discrimination towards East Asian students; changing social life; and affects to wellbeing

Feeling anxious about returning to studies?

Talks about how university students may feel anxious about returning, how university studies and aspects of student life may be different and encourages readers to be prepared for change and reach out for support

Discussions

Have your say: What's it like to be in care during COVID-19?

Impacts of COVID-19 Survey

Many of our users have previously engaged with research projects across the site and expressed gratitude at the opportunity to participate. In this discussion we introduced users to the HYPE Project Impacts of Covid-19 Survey with information on how to get involved.

Kooth Live Forums

April 2020

Monday 6th April - Relieving Stress

Wednesday 15th April - Myth Busting: "The Snitch"

Friday 24th April - What is Self Belief?

Monday 27th April - Stories, Movies, and Games Night

May 2020

Wednesday 6th May - "Putting the 'Fun' in Fundraising"

Friday 15th May - What is Family?

Monday 18th May - Sleep: What Are the Benefits?

Wednesday 27th May - VOC: Staying Safe at Home

June 2020

Monday 1st June - Unique Hobbies

Wednesday 10th June - VOC: Myth Busting: "Respect"

Friday 19th June - Coping with Anxiety and Panic Attacks

Wednesday 24th June - LGBTQIA+: Celebrating Differences

Commissioned and Regular Content

Victims of Crime (VOC) Project

This project looks at the many ways in which young people can be directly or indirectly affected by crime, including information on how to keep safe and signposting to services. We produce one live forum and one magazine article a month

April 2020

Myth Busting--Reporting a Crime

For this article, we interviewed a police officer on the subject of young people reporting crimes. The article aimed to help expel some rumours and myths around the police for our young people

May 2020

Supporting from Afar

This article explores ways our young people can support their friends from home, when circumstances don't allow them to be able to see their friends face to face

June 2020

Emotions After a Crime

For this article, we look at the emotions and psychological responses that may occur after one is a victim of a crime

Causes of Self Harm Project

The "Causes of Self Harm" Project looks specifically at contributing factors to self injurious behaviour with a range of age appropriate materials. We run one live forum per quarter as well as producing one article and one discussion a month.

April 2020

Self Harm: Telling People at Home

This article focuses on telling families and caregivers about self harm with links to YP's experiences, and information on what to do if who you tell doesn't react very well

May 2020

Peer Support and Self-Harm

For this month we looked at all things peer support and self-harm. Includes some info on why someone might self-harm, how you can support them, and how to keep yourself safe while offering that support too

June 2020

Self-Harm and Summer

This article looks at why summer might be a difficult time of year, specific ideas for managing self-harm during summer (in particular looking at covering/not-covering self-harm), general ideas for managing self-harm all year round and who YP can reach out to (along with links for more information on this)

Kooth Young Carers

April 2020

Managing as a Young Carer in Lockdown

This article discusses what it's like to be a young carer during lockdown, offering information and advice to help manage the situation. Includes government guidance for keeping high risk care receivers safe; emergency planning; help collecting essentials; living apart from a care receiver; caring for others' mental health; and caring for your own wellbeing

June 2020

Carers Week 2020

This year's theme for Carers Week is: Making Caring Visible. In this article we look at what we can do to help raise visibility of carers, and offer a list of resources to help raise awareness

Kooth Creative Writing

April 2020

Creative Writing Challenge: Historical Figures

This creative writing challenge invites our users to write a short story or poem about anyone from history!

June 2020

Creative Writing: Breathe

Spoken word piece about the black lives matter movement, by Taylor- member of the Kooth team

Writing Challenge: Celebrating BLM and Heritage

A Kooth writing challenge with poetry, song lyric and short story rounds, based on the theme of celebrating Black Lives Matter and diverse heritage

Creative writing - semantic fields

A creative writing challenge which encourages users to use words from within the same semantic field, explaining what it is, providing examples and setting out CWC guidelines

Weird and wonderful series

April 2020

Weird and Wonderful Bumper Pack of Facts

A compilation of all the Weird and Wonderful Facts articles, including some of the upcoming topics with an invitation to suggest their own topics

Weird and Wonderful: Sports Facts

Part of the Weird and Wonderful Fact series, this installment is all about the funny and downright bizarre sports our world has come up with, as well as astounding facts about our most popular sports and players

May 2020

Weird and Wonderful: Gaming

Part of the Weird and Wonderful series. This addition is all about the world of gaming

Kooth Reviews

As part of a new series, we feature five minute interviews with members of the Kooth team on their favourite thing from pop culture.

May 2020

Kooth Reviews: Brooklyn 99

Kooth Reviews: The Simpsons

Kooth Reviews: DuckTales

June 2020

Kooth Reviews: Doctor Who

As June is LGBTQ+ Pride Month we also devoted some time to a short “Pride Reviews” series.

Kooth Pride Reviews: Grace and Frankie

Kooth Pride Reviews: AJ and the Queen

Kooth Pride Reviews: Queer Eye

Kooth Pride Reviews: One Day at a Time

JAMI

We have recently started working with JAMI, the Jewish Association for Mental Illness. For the last 30 years JAMI has worked with individuals, communities and organisations in the prevention of mental illness, early intervention and wellbeing promotion.

April 2020

Managing Generational Trauma

Discusses generational trauma in regard to the Jewish community and the Holocaust. Defines generational trauma, its effects, how it can present itself and how to overcome it through healthy techniques and therapy.

Leaving the Orthodox Jewish Community

Discusses reasons as to why an individual may leave the Orthodox community, the impacts of leaving, includes recommendations of media about this issue, and provides links to helpful resources.

Dealing with Religious Discrimination

Explains what religious discrimination is, the different types, how you are legally protected, how to combat religious discrimination and what to do if it is having a mental impact on you

May 2020

Being Orthodox in lockdown

Provides tips to Orthodox Jewish users on how to keep positive and entertained during lockdown without access to the internet. Such as writing to loved ones, listening to music, being creative and playing games.

What is Anti-Semitism

An article defining what Anti-Semitism is, recognising the forms that anti-semitism might take and getting support as a victim of anti-semitism

June 2020

Getting Clear on Our Beliefs and Values

This article considers what values are, and offers some exercises to help you get clear on what values and beliefs matter to you most.

Other Magazine Content

April 2020 Content

Sexual Assault Awareness Month 2020

Discusses what Sexual Assault Awareness Month is and ways to raise awareness both to support survivors and prevent future assault

Creating a Healthy Routine

In this article we look at what exactly routine is and how it can benefit us, and the importance of routine for anyone on the autism spectrum. We also consider the ways a lack of routine impacts us and how we can develop healthy routines

When Life is Tough at Home

This article looks at how time at home can be especially tough for some young people, what to do when home is no longer a safe place, and who you can talk to for support

Self-Esteem: Celebrating Achievements

Explains what achievements can be defined as, why it's important to recognise and celebrate them, and how they can be celebrated

Dealing with Religious Discrimination

Explains what religious discrimination is, the different types, how you are legally protected, how to combat religious discrimination and what to do if it is having a mental impact on you

Stress Awareness Month

Helpful bumper article full of past pieces to help manage and lower stress levels, as well as fun activities to distract

Peer Support on Kooth

Part of the peer support article series. This article discusses how peer support works on Kooth, what it means to our users and to us and how users can provide peer support to others

Why is Peer Support so Important to Kooth?

Explains the importance of peer support on Kooth, including ways in which Kooth users can support others

Mental Health Stigma and Religion

Discusses how attitudes towards mental health within religious communities may hinder the individual and suggests alternatives such as challenging norms, seeking professional support and recognising the benefits of religious practices.

Our Top Tips on How to Listen to Others

Peer support article on how to listen to others, on and offline. The article gives tips on how to actively listen and how to encourage others to open up about how they are feeling

Kooth Book Club

Suggestion for what young people could read during lockdown

The Risks of Underage Smoking

Discusses the risks of smoking to young teenagers' health, presents a range of options on how to start quitting smoking and provides a number of resources to Kooth and NHS services

May 2020 Content

The Power Of Sound For Wellbeing

Considers how sounds can improve our wellbeing, including: music, ASMR, water sounds, nature sounds, binaural beats, meditation sounds, and the power of silence

Creative Cooking for Beginners

An article of fun recipes for bakers of any level to try out and customise with their own favourite treats!

Picking GCSE subjects

Contains helpful advice and tips on how to deal with the anxiety surrounding picking your GCSE topics

World Lupus day

Explains the condition of Lupus, what it is, common symptoms, how Lupus is treated and how to help raise awareness and support

Self-Care for Young Farmers

Explains why self care is important for young farmers, what self care is, and lists alternative types of self care that may appeal to young farmers. These include: sports; watching sports; camping; reading; fishing; socialising; online gaming; cooking; mindfulness

This is Me: Katie

Diary piece from the Thought Report about a Young Person, called Katie, and her experiences with anxiety. From secondary school to university and the struggles she's had about reaching out for help

Living in Extended Families

Considers the meaning of extended family, and offers the following tips for managing extended family life: identifying a 'safe space', setting boundaries, sharing chores, finding your voice, finding ways to connect

Autism and relationships

Explains the difficulties between different types of relationships for individuals with autism, including friendships, familial and romantic relationships.

Create Your Own Gratitude Journal

Discusses what gratitude is, how a gratitude journal helps, and a step by step guide of creating your own gratitude journal

World Sleep Day

List of interesting facts about how sleep benefits us, why we need to sleep, and what some of the negative effects are if we don't get enough sleep

Mental health awareness week

Aims to raise awareness for Mental Health Awareness Week. Explains what the event is, includes suggestions in how users can get involved and emphasises this year's theme of kindness.

Understanding BPD

For BPD Awareness Month, this article explores what BPD is and also features the real experience of Annie who was diagnosed a few years ago. Part of a series

Meet the Quaranteens!

One great way we can accept our own experiences is to hear from others how they've been getting on during this time. Here we introduce a series of stories by young people we call the Quaranteens. These user stories include thoughts on the virus, the effects of isolation, the importance of mental health and some of the positives they have found along the way.

Building Self Esteem for Learning Difficulties

Explains what self esteem is, how it can be impacted by experiencing learning difficulties, and offers ways to help raise self esteem around this. Tips include: create your own mantra; practice building confidence; work on self care; don't compare yourself to others; celebrate your achievements

Our Top Media Portrayals of BPD

List of films and television shows that portray a healthy or unsentimentalised portrayal of characters with BPD

World Schizophrenia Day

Introduces World Schizophrenia Day, explains what it is, what schizophrenia is, what you can do to recognise this awareness day, and includes some suggestions of positive representations of schizophrenia in the media.

This is Me: Jake

Diary piece from Kooth Ambassador. Jake talks about his experience of losing his sight at 12 due to a brain tumour and how the changes to his life affected his mental health

BPD and Relationships

For BPD Awareness Month, this article explains the stigma and difficulties people with BPD can face in relationships through an interview with James*

June 2020 Content

An Introduction to Black Lives Matter

Explains what the Black Lives Matter movement is, what its aims are, racism within the UK, how to get involved, how to be an ally, and provides a number of learning materials and resources

Staying Safe: Dating Apps

Includes information on how to use dating apps safely as well as stay safe during the first date

The Anxiety Diaries: The A Word

The Anxiety Diaries follows fictional character Pippa, a second year university student who has recently been diagnosed with an anxiety disorder. The first instalment is all about how coronavirus has affected her life as a student and how she's dealing with it

Let's Talk About: Protesting

Contains info about what protesting is, what to do if you go to a protest, protective measures to take during the coronavirus pandemic, what to take with you, and how to stay safe

Getting Clear on Our Beliefs and Values

This article considers what values are, and offers some exercises to help you get clear on what values and beliefs matter to you most

World Environment Day

Explains what World Environment Day is, its theme of biodiversity, how to get involved and provides links to related articles and external resources

Boundaries and You

This article explains: What boundaries are, why boundaries are important, how to make our boundaries clear to others, and what to do when boundaries are broken

Loneliness Awareness Week

This article explains the meaning of loneliness, the history of Loneliness Awareness Week, and what young people can do for the cause

How To: Handle Bullying as a Young Farmer

This article looks at: Who Young Farmers are and what issues they may deal with, what bullying can be like, ways to tackle bullying, where and how Young Farmers can access support

Living in a Rural Area During Lockdown

This article touches on how lockdown has differently affected those living in rural areas and how to combat isolation due to this

Self-expression on social media

Discusses the value of being able to express yourself on social media platforms for young people, lists the different features of popular social media platforms and signposts to other articles regarding cyberbullying and internet safety

How to Chat Guide

A 'How to' guide explaining how users can use the message feature of Kooth, how one-to-one chats with the Kooth team work and signposts to other resources for support

World Sickle Cell Day

Explains what World Sickle Cell Day is, what it involves, what sickle cell disorders are and how you get them, and how to recognise this awareness day

Different types of therapy

Explains multiple types of therapy to Kooth users, including person-centred, CBT, art, play, psychodynamic and integrative; as well as including quotes from the Kooth team

Questions about Counselling

This article answers FAQs about counselling both on and off Kooth, and addresses fears and uncertainties whether it's the reader's first session or not

LGBTQ+ Pride Month Content

LGBTQIA+ Kooth Q&A

Edited and republished from 2019's Coming Out awareness, this article takes question asked by Kooth users all about the LGBTQIA+ community

Let's Talk About: Stonewall

In this feature piece, we speak with Eve about the legacy of Stonewall, the women of colour who were pioneers of this movement, and how Pride month can be more inclusive of young people from all types of diverse backgrounds

How to be a Straight Ally

This piece raises awareness to straight or cisgendered people on how to behave during Pride events and educate them on their potential unconscious biases.

Looking Back on Pride Inside

This article collates the majority of 2020 Pride content, including our Spotify playlist, plus highlights how Pride has differed in lockdown this year with virtual events from around the world

Discussion Boards

This quarter, the Community Engagement Team has been working to engage young people on the discussion boards through a series of thought provoking questions and talking points.

Every quarter we focus on a number of specific projects and topics as well as covering topical events and awareness raising days.

We also produce a weekly “Round Up” discussion for users which lists all the upcoming events and awareness days happening during the week as well as the upcoming Live Forum.

Causes of Self Harm

As part of the Causes of Self Harm project we also produce a monthly discussion board where young people can discuss issues relating to self injury called “Self Harm Talks”.

Reducing Harm and Managing Safely

Self Harm and Your Experiences... Reaching Out During Times of Uncertainty

Self Harm and Lockdown - How do we manage?

Self Harm and Your Experiences... Ringing Emergency Services

Why Do We Harm?

Self Harm and Your Experiences... Peer Support

Knife Crime

After a commissioner request looking into how young people are feeling about knife crime in their area, the Knife Crime Discussion series was born. This provides opportunities for young people aged between 11-15 to discuss knife crime, whether it is something that concerns them or impacts their wellbeing, and whether they feel they need to protect themselves as a result. Each month varies and gets young people thinking about real life scenarios and what they might do.

Knife Crime Example Story #6... What would you do?

Knife Crime: Does it impact you?

Knife Crime Example Story #7... What would you do?

Other Discussion Board Content

[Contribute to our Kooth Spotify for Mental Health Awareness Week!](#)

[Contribute to our Kooth Spotify: Finding Your Confidence](#)

[Contribute to our Kooth Spotify: Pride Anthems](#)

[Contribute to our Kooth Spotify: Passing The Mic](#)

[Contribute to our Kooth Spotify: Loneliness Awareness Week](#)

[Contribute to our Kooth Spotify: Get Inspired](#)

[Contribute to our Kooth Spotify: Celebrating Family](#)

CLAP FOR YOU FOLKS TOO

During #ClapForCarers our users, unprompted, started a weekly series of #ClapForKooth discussions to express their appreciation for the work Kooth does to support them. We therefore created a discussion aimed at showing our appreciation for our users.

Kooth Student

In addition to Kooth, we have Kooth Student - available with a contracted university email address at a number of universities across the UK.

Over the last 20 years, the mental health of students has been a major cause for concern. The prevalence of common mental health problems within this demographic have risen by over 25% and suicide rates have more than doubled in the last 20 years placing a huge demand in the need to increase counselling services in 95% of all Higher Education Institutions.

Kooth Student Content

April 2020

Being a Care Leaver in this Uncertain Time

This article considers why recent events with the coronavirus may have a particularly hard impact on care leavers; how to keep contact with a personal adviser; the impact on transitions into independent living; and information and advice for care leaver university students.

Student Life & Coronavirus: Academic Impacts

This article offers information and advice around: how applications to university are impacted; what online teaching involves; and how exams are affected.

Student Life & Coronavirus: Work Impacts

An article considering how the coronavirus outbreak has impacted students who work, and ways for students to manage financial uncertainty. Offers information around: student loan payments; coronavirus job retention scheme; and alternative ways to make an income.

My Thoughts on University Closures

Written by Bella. A Kooth student opinion article on university closures as a result of coronavirus, and the uncertainty of what happens next.

May 2020

Managing Life in Quarantine

This bumper article provides links to other magazine articles regarding managing life in lockdown such as studying, staying active, student accommodation, and being indoors

Mature Students and Studying

This article considers studying from home if you've returned to studying at a later age in life, and includes how there may be extra struggles if you're a mature student working part-time and/or have children to look after

This is Me: Katie

Diary piece from the Thought Report about a Young Person, called Katie, and her experiences with anxiety. From secondary school to university and the struggles she's had about reaching out for help

June 2020

The Anxiety Diaries: The A Word

The Anxiety Diaries follows fictional character Pippa, a second year university student who has recently been diagnosed with an anxiety disorder. The first installment is all about how coronavirus has effected her life as a student and how she's dealing with it

Feeling Anxious About Returning To Studies?

Talks about how university students may feel anxious about returning, how university studies and aspects of student life may be different and encourages readers to be prepared for change and reach out for support

Kooth Student Discussion Boards

Calling All Students! Have you gone home or stayed in your university city/town?

Self Harm and Your Experiences... Reaching out during times of uncertainty

Has anyone found out about the alternative exam arrangements yet?

Sleep Hygiene for Students

Have you seen our articles offering guidance for University students?

Education and Exams: Ending without Endings... How do you feel about it?

Long distance relationships and friendships in lockdown

How can I stop procrastinating and find some motivation?

Coping after Cancelled Celebrations

Remote exams and assessments

Finding your balance as a mature student

Are you a student living alone in lockdown?

Coping at University

Finance Anxiety

[Feelings of guilt during lockdown](#)
[What do you do to feel better?](#)
[Student Life: Adjusting to the new normal](#)
[Expectations of University and making friends](#)

Other discussion boards:

[Don't feel bad for feeling bad](#)
[National Siblings Day](#)
[What helps you relax?](#)
[CLAP FOR YOU FOLKS TOO](#)

Kooth Mini Activities

What is the Mini-activity hub?

It's a new section on Kooth and Kooth Student that will house a growing range of activities for young people to try out and discuss with each other.

The hub has been launched with an initial selection of 18 activities, each of which has been developed in collaboration with our Clinical, Design and Product teams.

Each activity is broken down into a number of steps, the final step is an opportunity to indicate that you've tried the activity. The young person is also invited to view and contribute to a discussion board relating to that activity.

Make your own coping box

Try using items around the house to help soothe or distract you during difficult moments.

Write a letter to your future self

Share your own words of wisdom with yourself! Doing something creative and personal to you is a great way to inspire, comfort and make yourself laugh right now and in the future too.

Share advice with others

Share your experience to help others and feel good about yourself too. Sharing may help others feel less alone and could boost your confidence too.

Create a 'good mood' playlist

Try using music to help boost your mood. Listening to music releases endorphins in the brain which can help put us in a positive mood!

Improve your bedtime routine

Turn off your screens and relax without technology for a better night's sleep. Practice these steps at least half an hour before you go to bed to help you feel ready for sleep.

Create your own superhero

Unleash your superpowers by doing something creative! Expressing your creativity can be fun and uplift your mood.

Learn how to do bubble breathing

Take a deep breath and try a calming breathing exercise. Breathing exercises help to slow down your breath, which can promote calm and relaxation.

Create a recipe for coping

A fun way to think about your own inner strengths during difficult times. When things feel tough, it can be useful to think about the “ingredients” we often already have to get through it!

Create a daily plan for yourself

Make the most of your day. Creating a plan could help give your day more structure and enjoyment, whatever your plans are.

Get your body moving!

Keep active without leaving the house. Being active is great for your whole body and can also help to lift your mood!

Practice being present

Something you can try that may help you feel calmer and safer in times of stress or panic, by noticing the present moment.

Take part in our Kooth word challenge

Test your mind and find as many words as you can. Taking part in activities like this is a great way to pass the time and have fun!

Personalise your space

Express who you are by making a space your own. Start to think about your likes and dislikes to explore and express your identity.

Create your own activity jar

A creative activity to distract, soothe and pass the time! Having a collection of activities could help with feelings of boredom, loneliness or anxiety.

Sing like nobody's listening

A fun activity you can try to help lift your mood and release energy and tension from your body.

"Explore the positive power of pets"

Enjoy time with a furry friend to relax and feel good. Spending time with animals may reduce anxiety, promote calm and your happiness too.

Write to express how you feel

Writing can be a fun way to express emotions. You can use writing to help organise your thoughts, capture a memory and reflect on feelings.

Draw a song

Learn a new way to creatively express and manage your feelings. Being creative can really help when we don't have the words to explain.

Kooth Spotify

Kooth Spotify aims to engage young people through music. Each week we ask the Kooth community to contribute to discussion boards to suggest songs that fit a certain theme each week. We've found music gets young people thinking, feeling and talking, with some discussions receiving over 100 suggestions. Plenty of organisations enjoy sharing the playlists each week on a Monday to get their young people moving after the weekend.

[Kooth Spotify for Mental Health Awareness Week!](#)

[Kooth Spotify: Finding Your Confidence](#)

[Kooth Spotify: Pride Anthems \(LGBTQ+ Pride Month\)](#)

[Passing The Mic \(Black Lives Matter\)](#)

[Loneliness Awareness Week](#)

[Kooth Spotify: Get Inspired](#)

[Kooth Spotify: Celebrating Family](#)

[Kooth Spotify: Life Lessons](#)

[Kooth Spotify: Summertime](#)

Feedback from Kooth users

Every quarter we receive an overwhelming amount of positive feedback from the young people that use our site. This includes feedback about the Live Forums, Magazine and Discussion Boards.

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Peer support feedback

"Thank you for telling me where I could find my post and after reading through the comments I feel so much better and less alone. I was scared and nervous to come on Kooth because I was paranoid if people found out I was on here and they would judge me for it. After reading through all the comments and posts I understand that I do Have people to talk to and that feeling has really helped me today. I haven't cried or broken down as much today and that is a big improvement. Thank you"

"Thank you Kooth

When I first heard about kooth I wasn't so sure but kooth is an amazing website and they really help and you can talk about anything and other people are in the same boat as you and I don't feel so alone. Thank you Kooth"

"Dear Kooth, This is my new favourite website I'm so happy that I can share my feelings with someone who won't judge"

"I come on here almost everyday because it's good for my mental health. (I'm not saying it's good for everyone just me so it might be different for you.) It makes me happy that I can anonymously share problems and get advice, and that everyone her is soooooo supportive!! I love that it helps me relate to people and I love giving advice - I'm sorry if it's bad.

I can really relate to you. x"

"there are so many kind, understanding, genuinely friendly and thoughtful people, who even though ive never met, I don't know their real name and ill probably never see them, theres this kind of mutual connection ... this weird sense of community and belonging. Im so glad I found kooth, its already helping me."

"Thankyou for Kooth for helping me sooo much, I have improved so much since being on here, and thankyou to my fellow kooth users for giving advice. Thankyou team for being there for all of us even though things are stressful for everyone right now. We really appreciate it. Thankyou and love you all"

"hello, i'm new to kooth you seem so nice to each other, it makes me feel really safe i just wanted to say hi to everyone on here"

"I usually don't think much of these support sights to help people with their mental health problems but Kooth has been more helpful than anything I've ever tried before, thank you so much for your support!"

"this place is the only place i don't feel alone anymore"

"Kooth has helped me so much i don't know what i would have done without them xx"

YPs comment about Kooth: "I was in the same situation a few days ago. However i just talked on kooth and tried to enjoy myself! And if that's hard to do talk to someone like your friends or family or another kooth staff member. Whoever feels most comfortable to talk to, talk to them. Because then they can give you advice, motivation and love! Which will hopefully make you happy again. !"

I feel the exact same way but kooth has helped me feel less ashamed of myself."

"I Just wanted to say thank you so much for the support that you and your team give not only me but everyone especially in this situation. You deserve all the praise in the world so thank you so much. I'm probably not the only one who feels this way but i believe that you should know just how respected and appreciated that you and your team are so yeah thanks"

"For quite a while i have been feeling that when the people that love me will all leave my side when i tell them how i feel that i identify myself i don't really have a lot of people to talk to or people i feel comfortable talking to . I have just discovered this place as a suggestion from my mother , and it's helping me a lot . thank you all 146 counselors who care for our well being"

"I'm not sure what for you to do as I'm going through the same thing expect it's been longer than lockdown but kooth can really help just talk directly with someone or do something to distract you from what it is your thinking or just ignore the bad stuff and think what good can come out of it"

“So I’ve only just got kooth, at first I thought it wasn’t going to be any help at all because everything else I’ve got isn’t helpful, so I was thinking this is probably just going to be like everything else and I didn’t think I would be able to relate to anybody else’s issues but as soon as started reading peoples posts i immediately realised that I relate to so many people, u see I have a lot problems with my mental health, and I have been looking for a site to help me for so so so long and I thing I have finally found it I feel so happy”

" I love Kooth I have recommended it to so many of my friends..... space for me to be able to talk with someone whose not a friend or family"

“I joined kooth to show how I was feeling. I thought I was against the whole world. Until I read your post your post showed me people have it worst an need more support than me. I would really like to get to know you on here and share all me thoughts with you and well you can tell me more of your problems and life. Thank you for changing my point of view.”

"Wow! I never thought that people could help me so much. I didn’t even think that people would click into my Discussion! Thank you all so much! I am going to think it through and take all the advice to have a great year. Thank you.”

Live Forums

"Hooray! I love the live forums they make me feel so supported, supportive and not alone. Thank you!"

“Wow. This forum has helped me a lot. From being the eldest child and eldest friend, i haven't usually got somebody to talk to about my worries. This has been great! I will be doing this again”

Mini Activities

“Thank you I do feel a lot better with the help of kooth and a lot better with my new self care box!”

"your 'draw a song' activity really helped me as it took my mind of what i was worrying about as i just have all my focus on the song and what i was drawing."

"I’ve found them really helpful, also the articles that other people have written have helped me understand what I’m feeling."

“The best thing to do is distract yourself by playing a calming game or go on kooth and complete a mini activity because it really helps!”