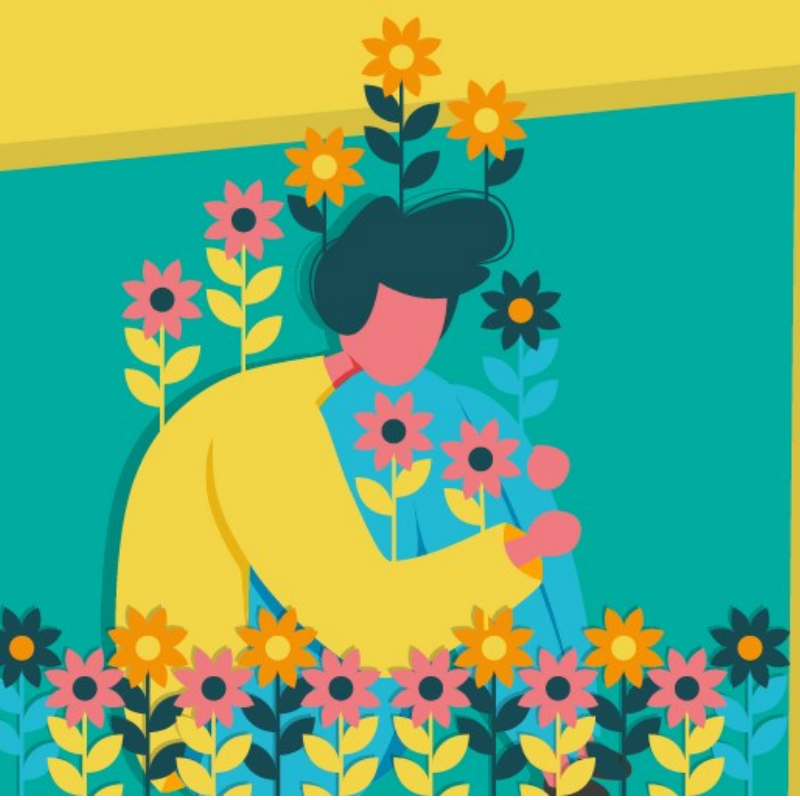


kooth

Mental Health Awareness Week 2020

18th May - 24th May

kooth

5 STEPS TO WELLBEING

This years Mental Health Awareness week theme is **"kindness".** This is a week where we can celebrate acts of kindness we have experienced during this difficult time and appreciate how kindness strengthens relationships and is the foundation of our mental health.

Mental health is part of our overall health. It's about: how we feel, think, and behave; how we cope with the ups and downs of everyday life; how we feel about ourselves and our life; how we see ourselves and our future; how stress affects us; how we deal with negative things that happen in our life; our self-esteem or confidence.

It's ok to have bad days, it's natural, and on these difficult days Kooth.com is there to help!

Try these 5 activities today!

1. SIGN UP ONLINE
2. EXPLORE
3. GET CREATIVE
4. GOALS
5. BE KIND

"Using Kooth really helped to feel like a weight has been lifted"

Harry, 17

1 SIGN-UP ONLINE

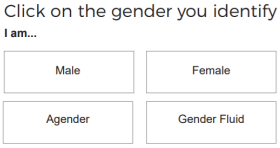
We know that this is a scary time, there is a lot of uncertainty, but Kooth has your back! Through Kooth you can access free, safe, anonymous, online wellbeing support. You can talk to a counsellor 365 days a year from the comfort of your own home via text (on Monday's to Friday our counsellors are available from 12:00 noon - 10:00pm and on weekends 6:00pm-10:00pm). Alternatively, if you don't feel ready to talk to a counsellor, you can read and contribute to articles and forums on the website. We also have lots of factual information on Corona Virus.

To sign-up today, go to www.Kooth.com then…

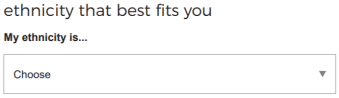
1. Click on the Join Kooth button located in the centre of the home page of the Kooth website

2. Choose from the drop down box the location you are in

3. Click on the gender you identify with



4. Choose from the drop down box the ethnicity that best fits you



5 Add the month and year you were born

My Age is... Choose

The month I was born in is... Choose

6 Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7 Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose

8 Click on the **Create Account** button to complete your registration

GET CREATIVE 3

Ever wondered what an Ed Sheeran's "Shape of you", or Stormzy's "Vossy Bop" would look like if it were a picture? Why not find out!? Take part in the Kooth Draw a song challenge today!

Log on ANONYMOUSLY through any device! Mobile, laptop and tablet!

What does "Anonymous" mean? It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

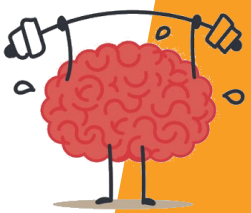
2 EXPLORE

Great! Now that you've signed up to **Kooth.com**, check out some of our articles on Kindness.

Find out how Sophie Turner's (Sansa Stark in Game of Thrones, Jean Grey in X-Men) best friend supported her when she experienced mental health challenges by reading this Kooth article on giving a helping hand to the people in your lives.

Want to Learn how to be a good listener? Check out this Kooth article which has lots of top tips on how to be a good listener!

Be kind to yourself! Find out how you can take care of your body by checking out this article on how to maintain a balanced diet



GOALS 4

Goals give you direction and destination, they help you clarify what is important in your life. Take some time to reflect on what you want to achieve this week, this month, and this year and set your goals on Kooth today!

Check out this article, to find out how to set a goal on Kooth!

BE KIND 5

Try our **Kooth Kindness challenge**! We want you to do one nice thing for someone, it can also be yourself! It can be anything, but here are some ideas:

1) Offer to do the shopping.
2) Pay a few compliments.
3) Smile more often.
4) Express your gratitude.
5) Send a sad friend a funny video.

"Try to be a rainbow in someone else's cloud"

Maya Angelou

When you need to talk to someone who will understand you, when you are looking for advice to help a friend or family member, **Kooth.com is here for you.**

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

On Kooth.com you can...