



Supporting awareness events throughout 2025

- Kooth activity throughout June in support of National Carers Week and Pride Month
- Snapshot of July plans

June 2025
connect.kooth.com





How Kooth is supporting awareness events throughout 2025

January

Self Care

World Religion Day
19th January

February

Children's Mental Health Week

3rd - 9th February - Know yourself,
Grow yourself

Eating Disorders Awareness Week

24th February - 2nd March

March

Neurodiversity Celebration Week

17th - 23rd March

April

Stress Awareness Month

EBSA

(Emotionally Based School Avoidance)

May

Mental Health Awareness Week

12th - 18th May (theme TBC)

June

National Carers Week

16th - 22nd June

Pride Month

July

Managing Change
(Transitions)

August

Online Safety

September

World Suicide Awareness and Prevention Day

10th September

October

Black History Month

Anti-bullying Month

November

Men's Mental Health
(November)

December

Grief Awareness Week

1st - 5th December



June focus

National Carers Week

16th - 22nd June

Pride Month





Engagement focus

This month, our engagement teams are focussing on **young carers**.

Our on-the-ground engagement teams embed Kooth and Qwell locally across the UK, delivering assemblies, sharing promotional and educational materials and linking with local services. Here are the team's upcoming webinars:

KoothKlass: Webinar for primary school age young people aged 10+: **"Kooth's support for young carers"** which will cover:

- Kooth's Clinical team talking about being a young carer today
- Young carer myth-busting
- How getting support can help - and how to get the right support
- How Kooth can help

[KoothKlass page](#)



[Subscribe to our engagement newsletter](#)





>> June activity & resources: Carers

Service User Content

We have a rich library of therapeutic content on Kooth and Qwell platforms. Here's a selection of articles aimed at supporting carers to download/share:

Kooth:

- What is a carer?
- Tips for young carers
- Are you a carer? Finding support in a complex role

Qwell:

- Sharing caring responsibilities with family members
- Raising a child with special educational needs
- What I didn't know about dementia

See Kooth content



See Qwell content



Social Media

Coming soon: Look out for an **exciting new project in collaboration with the Dorset charity MYTIME Young Carers** for National Carers Week and beyond!

We'll be recording an insightful podcast series called **'Care To Listen'** which will spotlight the voices of young carers.

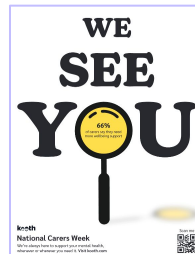
Together, we will explore what young carers wish others knew about their responsibilities and lifestyle, as well as an episode where one of the young carers will interview a professional.

This series will be posted on Spotify and Apple Podcasts, and we will be promoting them through videos on our social media!

Shareable Assets

Kooth creates assets which can be shared by schools, colleges, GP surgeries and pharmacies, as well as local services.

Our new carers-related posters are now available for education and health professionals to download and share for both Kooth and Qwell.



Explore assets



Kooth Comments

Kooth shares information on mental health, our activity and campaigns and responds to topical issues on social media channels including LinkedIn, X and Bluesky.

During National Carers Week, we'll be amplifying messages from charities and other mental health support organisations, as well as sharing content we create for our service user community.

This is a summary of activities; significantly more content is available on our platforms, website and social channels.

>> June activity & resources: Pride



Service User Content

We have a rich library of therapeutic content on Kooth and Qwell platforms. Here's a selection of articles linked to Pride month to download/share:

Kooth:

- Pronouns: why I think they're important
- My journey to coming out
- What is bisexuality?

Qwell:

- What to do if you're questioning your sexuality later in life
- Supporting your child who's coming out
- What it's really like to identify as non-binary

See Kooth content



See Qwell content



Social Media

See a selection of our social media assets for Pride month:

Kooth:

- 3-part video series on what Pride means to three people in the LGBTQIA+ community

Qwell:

- A new Qwell podcast on the LGBTQ+ community in Buckinghamshire will be published and posted on our socials - keep an eye out!

Kooth social assets



Shareable Assets

Kooth creates assets which can be shared by schools, colleges, GP surgeries and pharmacies, as well as local services.

A pride-related poster is available for education and health professionals to download and share.



Download out poster



Kooth Comments

Kooth shares information on mental health, our activity and campaigns and responds to topical issues on social media channels including LinkedIn, X and Bluesky.

Over Pride month, we'll be amplifying messages from charities and other mental health support organisations, as well as sharing content we create for our service user community.

This is a summary of activities; significantly more content is available on our platforms, website and social channels.



July focus

Managing Change (Transitions)

