



Supporting awareness events throughout 2025

- Kooth activity throughout July in support of Managing Change & Transitions
- Snapshot of August plans

July 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

9th - 15th 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



August focus

Online safety





>>August activity & resources: online safety

Engagement

Our engagement teams embed Kooth locally across the UK, delivering assemblies, sharing promotional materials and linking with local services.

Note: The team covered the topic of online safety in July.

Our summer engagement work during school holidays doesn't stop. We continue to embed Kooth in community services including GPs, pharmacies and A&E departments, as well as hundreds of local networks.

These range from youth and summer clubs, Scouts, Family Hubs, sports clubs, faith groups, local authority leisure centres and libraries, as well as food banks and supermarkets.

Subscribe to our engagement newsletter →

Service User Content

A huge library of therapeutic content is available on Kooth and Qwell. Here are some relevant pieces to download and share:

Kooth:

- 5 tips for when your social feed is distressing
- Let's talk about grooming
- 6 ways to stay safe online

Qwell:

- Supporting your child with their first phone
- Should I let my child have a phone for his final year of primary?

See Kooth content



See Qwell content

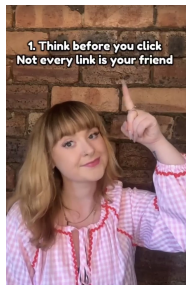


Social Media

This month, you can look out for brand new video content created by and for young people.

Each contributor shares invaluable tips and advice on how young people can stay safe online.

Follow the link below to see and share three new videos:



Download videos



Shareable Assets

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

This month, we have partnered with the brilliant artist and illustrator [Eva Malley](#) to create a comic strip social post looking at online safety.

It tells the story of a girl who realises she is sharing hurtful posts and learns how to consider the impact on others.



Download carousel



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.

This month, we'll be sharing a carousel post on online safety as well as videos from our head of safeguarding on how Kooth and Qwell are built with safety front and centre.

For more on our safety and governance approach, see [this page](#).

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



September

focus

Suicide awareness and prevention

