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Welcome to your Kooth Bytes for January

Happy New Year, we wish you a great 2026!

As young people return to education, training or daily routines, emotional pressures can persist. Anxiety, low self-esteem and worries about the year ahead may begin to surface.

Kooth provides a free, anonymous digital space where young people can access support whenever they need it. By helping us raise awareness locally, we can all ensure support is visible and easy to reach at the right moment – day or night, 24/7.



Kooth in the South East & East Anglia community

Community unites to strengthen suicide prevention

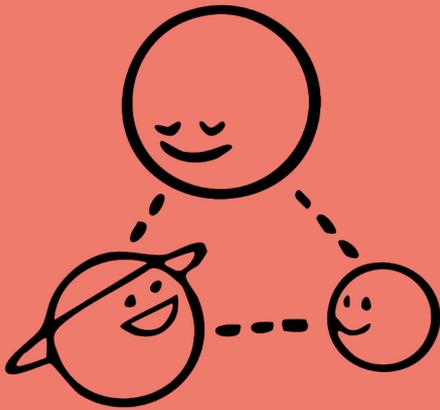
Shelley, our local Engagement Lead, recently attended the Suicide Prevention Conference in Maidstone, where she connected with a wide range of local organisations committed to improving mental health and wellbeing.

It was a moving and inspiring day. At Kooth, we're proud to be part of this collective effort and to support the vital work that helps people feel less alone. We're always keen to build new connections and share how our services can support local communities. To find out more, please get in touch with the team here

Staff training strengthens awareness and support networks

120 staff members at Suffolk New College recently received training from our local Engagement Lead, Eloise.

We highlighted our services and helped build confidence in guiding young people towards support. If you would like an information session for your own team, please [contact Chloe](#).



For Families: Anxiety & self care

Please encourage families in your community to join Kooth for a **free** 45 minute webinar where they will hear from one of our community engagement team, alongside a clinician from Kooth, who will share expert tips on:

- how to spot the signs of anxiety
- how to offer support if their child is struggling
- how Kooth can help.

There are two dates available. Please share with families.

[Book 26th Jan](#)

[Book 28th Jan](#)



Emotionally Based School Non-Attendance

This month, we're hosting a **free** 45 minute webinar for professionals focused on Emotionally Based School Non-Attendance (EBSNA).

As the term begins and we return to education after the Christmas break, EBSNA is once again a topic very much worth exploring.

There are two dates available. Book your preferred date below.

[Book 19th Jan](#)

[Book 21st Jan](#)

Join us...

For young people

KoothKlass

Webinars for young people in the South East & East Anglia:

January: **From set backs to strength: Building resilience**

Understand what resilience is and common challenges they might face.

Recognise what being resilient looks like in everyday life.

Learn the role of self-belief, problem-solving, and self-care in resilience.

Explore how Kooth can provide support.

February: **Children's Mental Health Awareness Week 2026**

This is My Place: the power of connection

Join us to find out how Kooth can help young people feel like they belong.

March: **Staying calm through exam season**

Understand what exam stress is and why it happens.

Recognise difficult thoughts and feelings around exams.

Learn practical ways to boost confidence and manage stress.

Explore simple self-care tools and support through Kooth.

[Book here](#)

For professionals

KoothTalks

Webinars for professionals

New to Kooth or want a refresher? Join our South East & East Anglia Engagement team for a 45 minute Kooth Information session.

[Book here](#)

Thanks for reading! Please reach out if you have a question or if we can better support you or the people you work with.

Chloe, Shelley, Eloise & Evie

Kooth Engagement Team - South East & East Anglia

We'd love your thoughts on our newsletter! [Share your feedback here](#)

Free Staff Training

Connect with your local engagement lead, [find out more](#).



As a global leader in digital mental and behavioral health, Kooth supports millions of young people and adults with safe, stigma-free, confidential care. For over 20 years, our mission has been simple but powerful: making sure everyone can find the right support at the right time. Because when they do, everything changes. Young people gain confidence. Adults manage stress before it overwhelms them. Families grow stronger. Communities flourish. Our services — Kooth, Qwell, and Soluna, our first-in-the-US digital behavioral health solution — are welcoming digital spaces where people can access proven tools and connect in safe, moderated peer communities. Professional support is always available. No waitlists. No referrals. No barriers. Trusted by healthcare systems, governments, schools, and families worldwide, Kooth makes safe, effective support available whenever it's needed, empowering people to manage challenges and thrive on their own terms.

Kooth needs the contact information you provide to us to contact you about our services and further promotional and engagement opportunities in your local area. You may unsubscribe from these communications at any time. Please review our [Privacy Policy](#).

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