

Live forums on Kooth this summer



- Scan me
- Log-in or signup
- Select forums at 7.30pm

What are live forums?

Live forums are peer to peer discussions that are facilitated by an Emotional Wellbeing Practitioner at Kooth. They take place every week on Kooth and are a great way for you to find support from people like you.

In planning these summer live forums, we made sure to ask young people on Kooth what they wanted to see from us. We also held workshops with young people who told us what topics they think need more attention when it comes to mental health and wellbeing.

Our August schedule

- 1 Friday 4th of August - 7.30pm - 9pm - Finding support when experiencing racism or discrimination
- 2 Monday 7th of August - 7.30pm - 9pm - Tackling loneliness this summer
- 3 Wednesday 16th of August - 7.30pm - 9pm - Feeling overwhelmed by what we see on social media
- 4 Friday 25th of August - 7.30pm - 9pm - Challenging stereotypes around masculinity and strength
- 5 Monday 28th of August - 7.30pm - 9pm - Unmasking neurodiversity and learning difficulties