



Supporting awareness events throughout 2025

Kooth activity in December in support of Grief awareness week

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

November

Men's Mental Health
(November)

Anti-bullying week
(10th - 14th November)

December

Grief Awareness Week
1st - 5th December



Dec focus

**Grief awareness week
1st - 5th Dec**





>>Dec activity & resources

Engagement

Our engagement teams embed Kooth locally across the UK, delivering assemblies, sharing promotional materials and linking with local services. This month, the team is focusing on eating difficulties in response to schools highlighting this as a significant issue for some students.

KoothTalks for professionals:

[Digital mental health support for people with eating difficulties](#)

Regional KoothKlass:

Wellbeing topics delivered direct- to- classrooms across each UK region. [Find them here](#)

Subscribe to our engagement newsletter →

Service User Content

Therapeutic content is available on Kooth and Qwell. Here's a selection of relevant content to download/share:

Kooth:

- The importance of self care when grieving
- Exploring different types of grief
- Can you ever really get over grief?

Qwell:

- How to talk to your children about death
- Maintaining connection during grief and loss
- Managing grief one day at a time

Download content →

Social Media

See a selection of our social media assets for Grief Awareness Week:

Kooth:

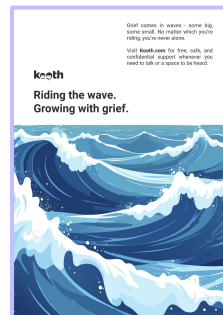
- Video excerpt of [our podcast](#) in collaboration with **Winston's Wish**: 'Answering questions about grief with Winston's Wish'
- 'This is grief too' video where we explore the vastness of grief
- **Look out for:** a collaboration post with local organisation **SeeSaw Grief Support**.

SeeSaw
Grief Support

Download social assets →

Shareable Assets

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



Download poster →

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



ICYMI



To mark November's **Anti-Bullying Week**, we partnered with The Diana Award, sharing these assets:

- [Press release](#) “Anti-bullying week research reveals two out of three young people bullied in school” with The Diana Award
- [Blog post](#) from child and adolescent counsellor and Kooth's clinical content lead Gemma Campbell linking school absence and bullying
- Our short film, 'The Pretender' which shows a young person dealing with bullying via his mobile. We also shared a short video created by a Kooth service user who had sought support for bullying - see these assets [here](#)

