

# Mental Health Awareness Week

10th - 16th May

Sign up at [Kooth.com](https://www.kooth.com)



## *Discover Kooth*

Kooth offers anonymous and free access to mental health and emotional wellbeing support, available to all young people across Greater Manchester. This year, the theme for MH Awareness Week is **Nature and the Environment**.

***For the week we will be running sessions that cover:***

- What support features are available on Kooth.
- Tips for supporting mental health and emotional wellbeing in nature and the environment.
- A Q&A portion.
- A live demonstration of Kooth.com.

***We will be running three different sessions over the week:***

- Tuesday 11th May, 4:00pm - 5:00pm - Educational professionals
- Wednesday 12th May, 6:00 pm - 7:00 pm - Parent/carers
- Thursday 14th May, 2:00 pm - 3:00 pm - Community professionals

*To attend any of the sessions listed above, please register on the following link:*

<https://www.eventbrite.co.uk/e/greater-manchester-discover-kooth-mental-health-awareness-week-tickets-151969941185>

