

# 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 a drop-in session for all Greater Manchester Parents and Carers on:***

- Wednesday 12th May, 6:00 pm - 7:00 pm

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*To attend the session listed above, please register on the following link:*

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

