



## LGBT+ History Month

1st of February - 28th of February

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# Children's Mental Health Week

7th - 13th of February

**We'll be by your side.**

kooth



Find **free**, **safe** and **anonymous** mental wellbeing support by joining **Kooth.com** today.



# What's on Kooth in February

Find all of this & much more on **Kooth.com**



## February 1

### Discussion Board

#### LGBTQIA+ History Month:

It's LGBTQIA+ History Month! Stop by, celebrate and learn with us in this space to share thoughts, stories and questions about LGBT+ history heroes!

## February 2

### Live Forum

#### Resilience- How do we build it?

Resilience is a word we hear a lot these days, but what does it really mean? Join our live forum to learn more, and share some tips and stories about building up this super important life skill.

**7.30pm to 9pm**

## February 7

### Live Forum

#### Relationships - Spotting a healthy one:

Join our forum to talk about keeping ourselves safe in our relationships with others, and we're not just talking about romantic relationships, friendships too!

**7.30pm to 9pm**

## February 8

### Discussion Board

#### Growing Together:

Celebrate Children's Mental Health Week 2022 with Kooth! This year's theme is Growing Together - join in with our discussion all about the ways we can help each other grow.

## February 14

### Discussion Board

#### You've Got the Love:

Do you celebrate Palentines, Galentines, Valentines, or all or none? Stop by to share some space, support, and your views with our community.

## February 18

### Podcast

#### Let's Talk About Gender:

Join Kooth and the Proud Trust as we talk about gender! For lots of people gender can be a big topic and when trying to learn more it can be difficult to know where to start... So, for this episode we're going to be talking about the basics, what gender means to us, why pronouns are important, as well as answering some of your questions!

## February 18

### Live Forum

#### Learning- Styles and difficulties:

This forum is all about the different ways we learn, and some of the challenges we can come up against including learning difficulties like dyslexia. Stop by to share ideas and find out how to get support.

**7.30pm to 9pm**

## February 23

### Live Forum

#### Let's Talk About- Rare diseases and conditions

Having a rare disease can feel lonely and isolating. Stop by this live forum to talk about the ways that having a rare condition can affect people and ways that we can support each other.

**7.30pm to 9pm**