

**Whatever's on your mind  
this summer, we're here  
to listen**

**Free, anonymous and safe support for children  
and young people aged between 11 and 25 in  
North East Lincolnshire**

[Kooth.com](https://kooth.com)

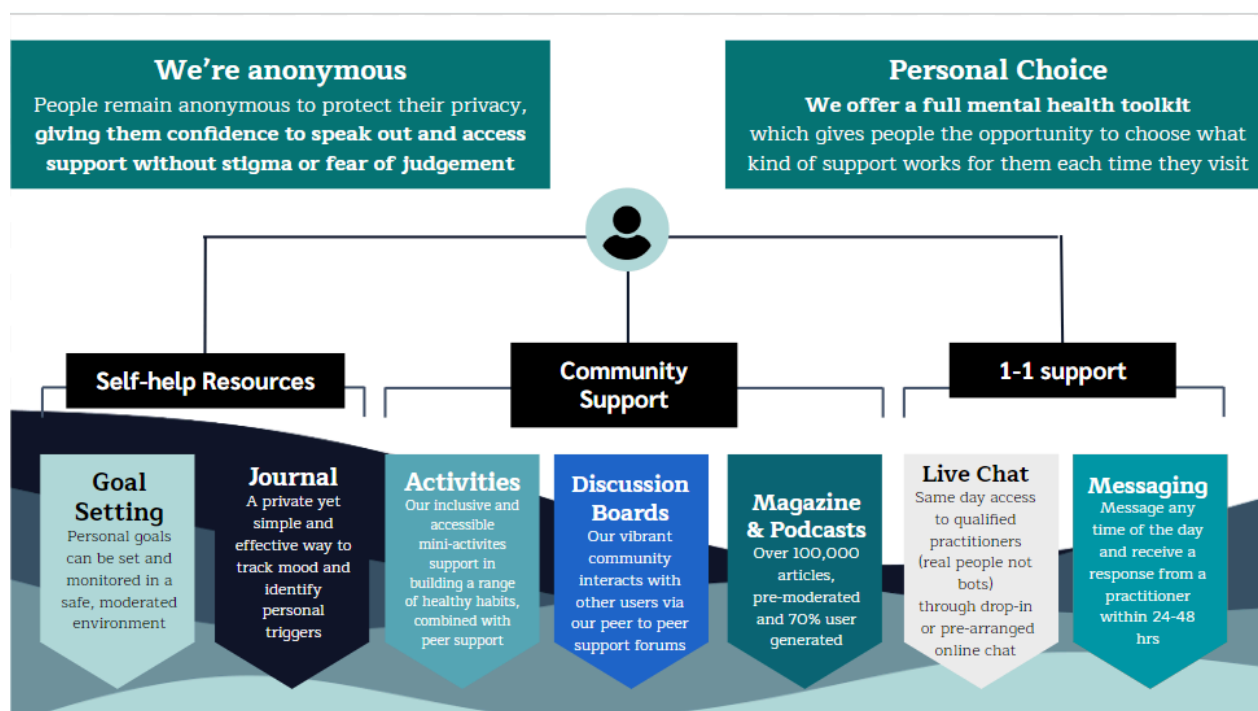




## Kooth Summer Holidays Resource Pack

Kooth.com is a **free**, **safe** and **anonymous** mental health and wellbeing service available to young people in North East Lincolnshire aged **11 - 25**. Available without referral or waiting lists until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and help.

At Kooth, young people can access a range of support options:



### Kooth's Summer Campaign:

During the holidays, young people may have more time on their hands, and for many that can mean more time spent online or on social media, which can have a negative impact on their mental and emotional well-being.

So, here at Kooth, we're on a mission to inspire young people to break free from the endless scroll and encourage them to #GoSomewhereGood this summer. This campaign aims to promote positive activities and 'good places to go' instead. We've spoken to hundreds of young people and got their ideas for simple things to do that make them feel good and got some fab ideas! And, to make it even better, for 50 days straight,

we're giving away incredible prizes like custom-designed skateboards, brand new 'Bog Man' apparel, 'So Good' merchandise, and vouchers!

Please see more information at [THIS LINK](#) (for professionals only), and please share [THIS LINK](#) with the young people you are working with.

### Summer Assembly

I have recorded a video to give young people a quick overview of Kooth and our summer campaign, and to remind them that they can log on and receive support throughout the summer holidays. Please access this video [HERE](#)

### Digital resources

You can access our online resource hub [HERE](#).

I have put together some of the resources [HERE](#)

### Physical Resources:

We also offer physical resources (wallet cards, leaflets and posters) to hand out/display in your service. If you would like any, please contact me directly at [ejones@kooth.com](mailto:ejones@kooth.com) and I will be happy to send these across.