30th April 2020

Hi All,

Welcome to any new e-mail recipients this week! I hope you are all continuing to adapt to our new situation and managing to do well with regards to your subject and tutorial work if you are in your first year. Keep in touch with your tutor if you are struggling- it's important that we stay in touch whilst we can't physically check in.

This week I was part of a webinar by Kooth.com which was really helpful. Kooth are a local online support website and through them you can receive online counselling (like a WhatsApp conversation but with a trained professional) but they do so much more!

Admittedly, I had thought that the live chat was the only thing on their site but I was wrong! When you sign up and create an account, they will give you some wellbeing questions and initial help in finding some resources. However, after that you can look over forum articles, comment and interact with other readers and share anything you have found to be useful on the forum. There are a few really interesting articles on coping with remote learning and students have shared tips on what has helped them. As well as that there is a personal journal section where you can share and record your thoughts. If things are tough, you have the option to share what you have written with the Kooth team who will get back to you and help you out. Lastly, you can meet the team before choosing who you would like to chat too. There are so many counsellors on there, each with their own interests so you could match yours with theirs. They are available 12pm-10pm weekdays and 6pm-10pm at weekends. You can speak to the same person for up to an hour per week, just like if you were to access face to face services at college/ with Open Door/ CAMHS etc.

Have any of you already used Kooth.com? if so I'd love to know your thoughts, especially if you have found any of their forum articles useful, have a favourite key worker etc!

Next week I'm going to be looking at sleep and wellbeing, sharing helpful tips and videos. Again, if you have anything useful to share on this please get in touch and I'll add it to my weekly mailer :)

Keep safe and look after each other,

Jen