

Some recent Kooth podcasts:

How To Build Self-Confidence

Join Ben, Dan and Aisha, as they talk about self-confidence, what it means, how it differs for each of us, and what tips there are for building on it.

Available on [Spotify](#) and [Apple Music](#)

Tackling our SAD

Join Beth, Ben, and Katja Anja as they discuss the challenges of the winter season, and the positive changes we can make to tackle seasonal sadness.

Available on [Spotify](#) and [Apple Music](#)

Busting Myths For Movember

Join Dan, Dez and Tom as they chat about some of the myths that young boys will hear growing up, from 'boys don't cry' to 'boys don't wear pink'.

Available on [Spotify](#)