

“Mental health is a universal human right”

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.



Healthy relationships lead to better mental health

FACT

Being connected makes us healthier and happier, our mental wellbeing is stronger.



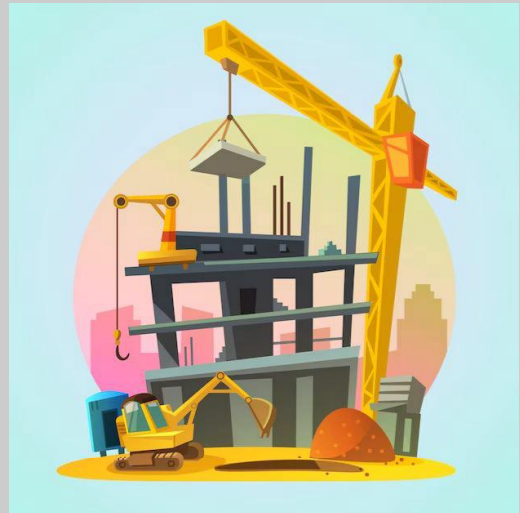
1. Get to know yourself.

If you don't know yourself, how can anyone else know you or know how to support you?



2. Put in the work!

Healthy relationships are not “found”, they take work.



3. You need to set and respect boundaries

FACT

Boundaries make relationships work.



4. Talk and listen

FACT

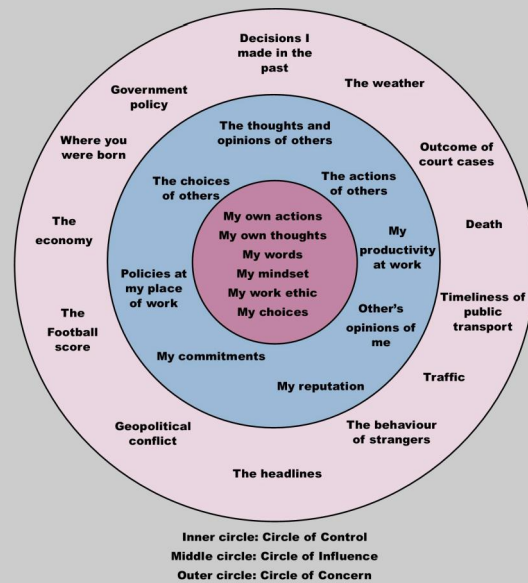
All relationships involve some disagreement.



5. Let go of control

FACT

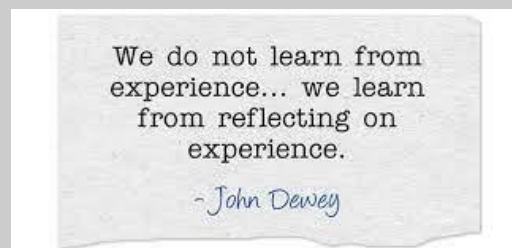
We cannot control everything.



6. Reflect and learn

FACT

If we learn to respect and support those around us, others will do the same for us.



Kooth.com

Kooth is an online mental health and wellbeing service for young people.

It is a website not an app.

Chat rooms

One to one sessions with a clinician

Activities