



Kooth Live Forum Topic Calendar

June 2020

Kooth Live Forums: June 2020

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Monday 1st June – Unique Hobbies

Do you have a unique hobby? Or maybe you're in the market for a new pastime to get excited about? This Live forum might be just what you're after! We're going to be looking at what weird and wonderful hobbies exist in the world, talking about our personal faves, and exploring all the benefits hobbies can offer.

Wednesday 10th June – VOC: Supporting a Friend - Mental Health

As part of our Victims of Crime (VOC) series, this live forum will be considering how we might support a friend during difficult experiences with their mental health. With current situations making it difficult to meet up and support friends in person, we will be thinking about ways we can do this from afar and different services which can help you and them to feel safe and supported.

Friday 19th June – Coping with Anxiety and Panic Attacks

Anxiety is a common mental health topic, and something which impacts a large number of people in their day-to-day lives. It can range from feelings of worry or unease about something, to severe reactions such as panic attacks. For those who have severe anxiety, daily life can be a real struggle. We all experience feelings of anxiousness at some level, so at this live forum we'll be discussing ways to manage anxiety and panic attacks, including how to support others and where to reach out for support. Feel free to come along and share your experiences or advice or simply get some tips on coping.

Wednesday 24th June – LGBTQIA+: Celebrating Differences

As we draw to the end of another fabulous (if somewhat unusual) Pride Month, we are coming together to celebrate diversity in the LGBTQIA+ community. We will be talking about what everyone has done during Pride Month as well as how we can keep the rainbow flag flying throughout the year!