

X/Twitter/social media short hand

1)

Summer is a time to recharge—but mental health doesn't take a holiday.



Prioritise rest



Talk about how you feel



Take breaks when needed

Support is always available. Young people can access free, anonymous mental health help at [kooth.com](https://www.kooth.com)



#MentalHealth #SelfCare #Kooth #SummerWellness

2)

Summer transitions can be exciting—but also isolating for many young people.



Leaving school



Changing routines



Feeling disconnected


Loneliness impacts mental health. Remind students they're not alone. Free, anonymous support is available at [kooth.com](https://www.kooth.com)



#MentalHealth #Kooth #TransitionSupport #Loneliness #StudentWellbeing

3)

The summer period can feel lonely and overwhelming. If you or someone you know is struggling, support is available 24/7 at [kooth.com](https://www.kooth.com) — free, safe, and anonymous.

You're not alone.   #MentalHealth #SelfCare #Kooth #YouAreNotAlone

Mid length comms

1)

Supporting Young People Throughout Summer

As the school year ends, many young people face big transitions—moving schools, leaving familiar routines, or feeling disconnected from peers. While summer can bring rest and freedom, it can also increase feelings of loneliness and emotional uncertainty.

It's important to remind students that they're not alone, and that **mental health matters all year round**.

Kooth offers free, safe, and anonymous mental health support for young people. It's a space where they can talk, read helpful articles, and connect with qualified professionals—all online.



Learn more [HERE](#) or signpost students to support at: www.kooth.com

Let's continue to prioritise well-being, even outside the classroom.

2)

Looking After Mental Health Throughout Summer

Summer brings a break from routine—but for many, it also brings change. Whether it's finishing school, starting a new job, moving home, or simply feeling out of step with others, transitions can lead to increased feelings of loneliness.

It's a reminder that **mental health doesn't take a holiday**.

If you or someone you know is finding the summer months emotionally challenging, support is available.

Kooth offers free, safe, and anonymous mental health support for young people. From one-to-one chats with professionals to helpful articles and moderated forums, it's a space to feel heard and supported.

 Visit www.kooth.com for more information.

Let's stay connected and support one another through every season.

3)

Mental Health Support for Young People throughout Summer


Summer often brings changes in routine—school leavers facing uncertainty, young people navigating life transitions, or simply the disruption of the usual well-being support. These changes can lead to increased feelings of loneliness, anxiety, or emotional distress.

At Kooth we recognise the impact of these transitions on young people's mental health and offer clear pathways for support.

Kooth is a free, safe, and anonymous online mental health platform for young people. It offers:

- Live chat with qualified professionals
- Community support through moderated forums
- Self-help content and wellbeing tools

Available 24/7, Kooth is a valuable resource for those who may be reluctant to seek in-person help.

 Learn more and signpost young people to support at www.kooth.com

Let's continue to promote mental wellness by making support accessible, stigma-free, and part of everyday care.

