



Discussing friendships with Peta





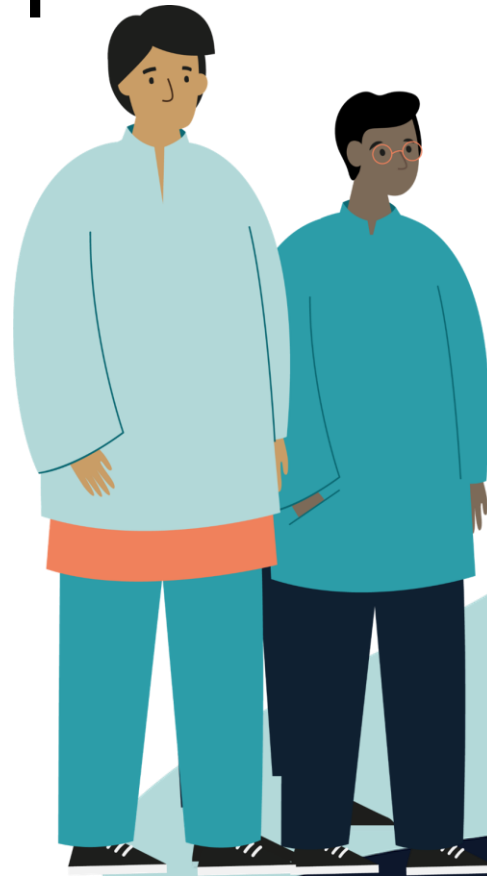
Why are friendships so important for children?

- They make them feel good about themselves
- They help them to feel a sense of belonging
- They can boost happiness
- They support one another through difficult times
- They can help children to feel understood

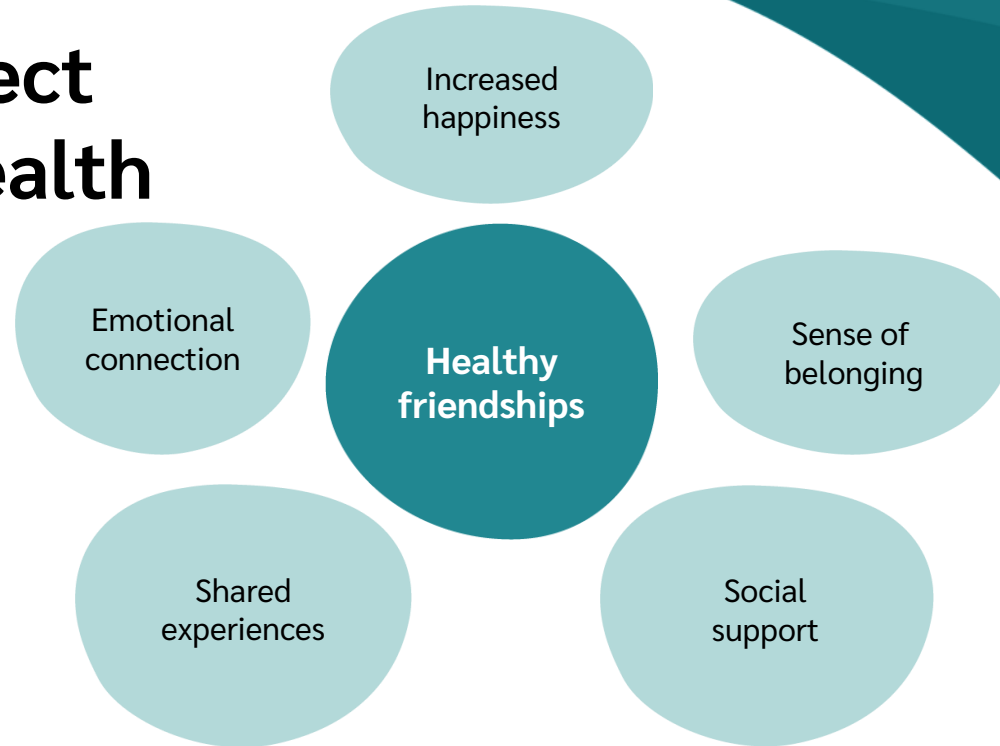


Traits of a healthy friendship

- Kindness
- Trust
- Honesty
- Supportive
- Listens
- Patience
- Good communication



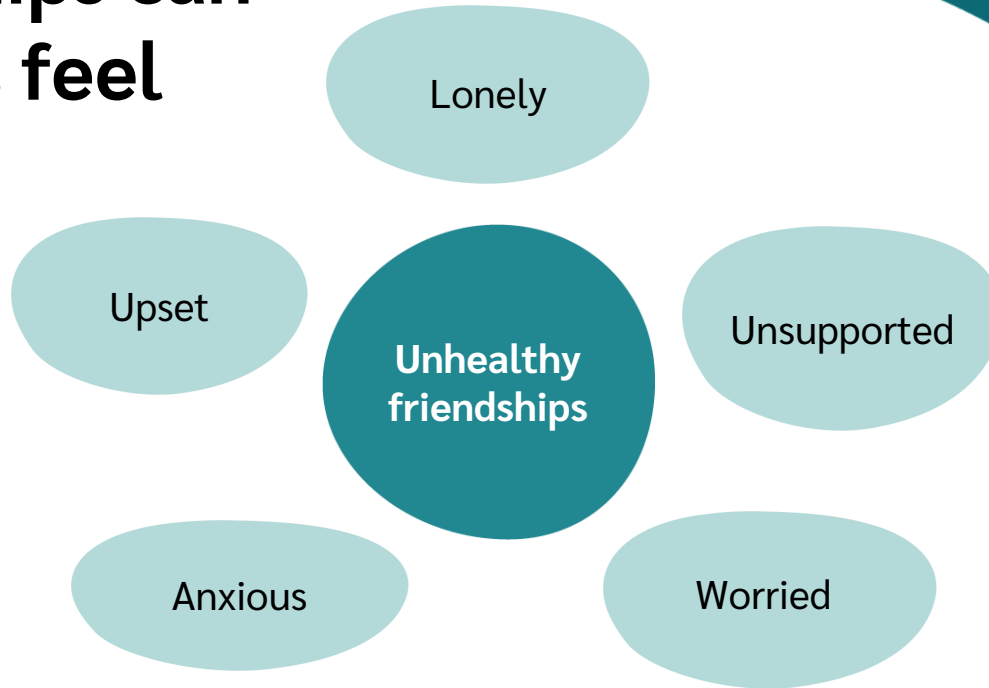
How healthy friendships positively affect our mental health



Traits of an unhealthy friendship

- Unkind
- Controlling
- Dishonest
- Impatient
- Disrespectful
- Bullying

How unhealthy friendships can make us feel



Free, nationwide, NHS commissioned mental health support



NHS
Providing NHS services

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Who are Kooth Digital Health?

Founded in 2001, Kooth is a trusted NHS partner



NHS Cornwall and IOS Integrated Care Board commission us, so that can provide **free mental health support** for

11 - 18 year olds at Kooth.com



and

19-25 year olds and ALL parents and carers at at Qwell.io



**Accredited
Service**

Kooth is accredited by the leading professional association for members of the counselling professions in the UK

All our practitioners are real people, not bots

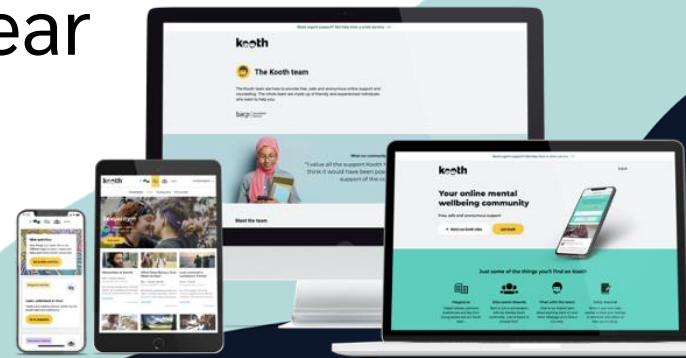


We provide immediate support

No GP or school referral is needed, there's no waiting list or threshold to meet

Free, 24/7 365 days a year

Note: There could be an hour's wait to get a 1-1 chat, and possibly longer during busy periods. Chats with a practitioner are not 24/7

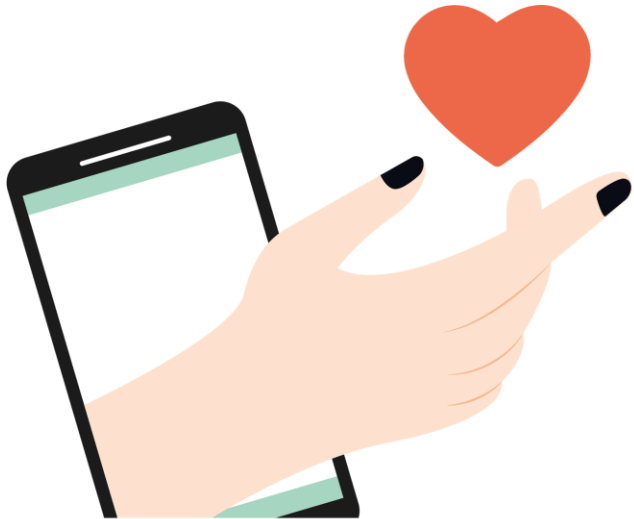


No problem is ever too big or small

If it's on your child's mind, or on your mind, we're here to help

Some of the feelings or difficulties we support with include:

- Stress
- Anxiety
- Confidence
- Friendships
- Exam pressures
- Moving schools
- Social media
- Loneliness
- Body image concerns
- Anger
- Eating difficulties
- Relationship issues
- Suicidal thoughts



Support on Kooth

09:04 kooth.com

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Dr Kerry answers your questions on friendships

JAng in [Friendship problems](#)
February 7th 2024, 11:22 AM

This article is written by a Kooth mental health writer and contains mentions of the following themes: toxic friendships, boundaries, school, goals, stress, and communication.


Friends can be some of the best gifts in our lives, but sometimes friendships and making good friends can be a challenge. In this article, Kooth's clinical psychologist, Dr Kerry, answers young peoples' questions about dealing with toxic friendships, struggling to make friends, and managing stressful relationships.

1. I've been feeling stressed a lot with some 'friendships'. It always seems like I attract the

09:05 kooth.com

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Our Top Tips on How to Listen to Others

Joe in [Supporting friends](#)
February 7th 2024, 10:51 AM

This article was written by a Kooth writer, and contains the following themes: listening, and relationships.


We LOVE how supportive the Kooth community are with each other on articles, live forums and discussion boards. Right now, being there for each other is as important as ever. Here are our best tips on how to be a great listener on Kooth, as well as elsewhere too.

Be present - It's easy to be distracted by phones, the TV or whatever is going on in the background, especially when the other person can't see you. Being present allows you to really hear what the

09:03 kooth.com

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Supporting Friends from Afar

Katja Anja in [Supporting friends](#)
November 22nd 2023, 11:09 AM

This article was written by a Kooth mental health writer and contains the following themes: friendships, and support.

As much as we'd love to be with our friends all of the time, especially when they need support, we unfortunately can't always be there.

This can make *knowing* when a friend needs support, and then feeling able to support them, seem like a trickier task than it should be. However, thanks to technology, there are often ways we can spot when a friend needs support.

It's also important to remember that when we're supporting friends, we need to make sure that we're also supporting ourselves. When we're supporting

Support from Kooth



30 July 2021 · S1 E26 · 12 min

Celebrating Friendships!

Kooth Podcast >

[▶ Play](#)

Join Ben, Gemma, and Milly in another Kooth SnapPod as we celebrate International Friendship Day!

Support on Kooth



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Here you can search the latest discussions from the Kooth community.

If you need urgent support, [get help from a crisis service](#)

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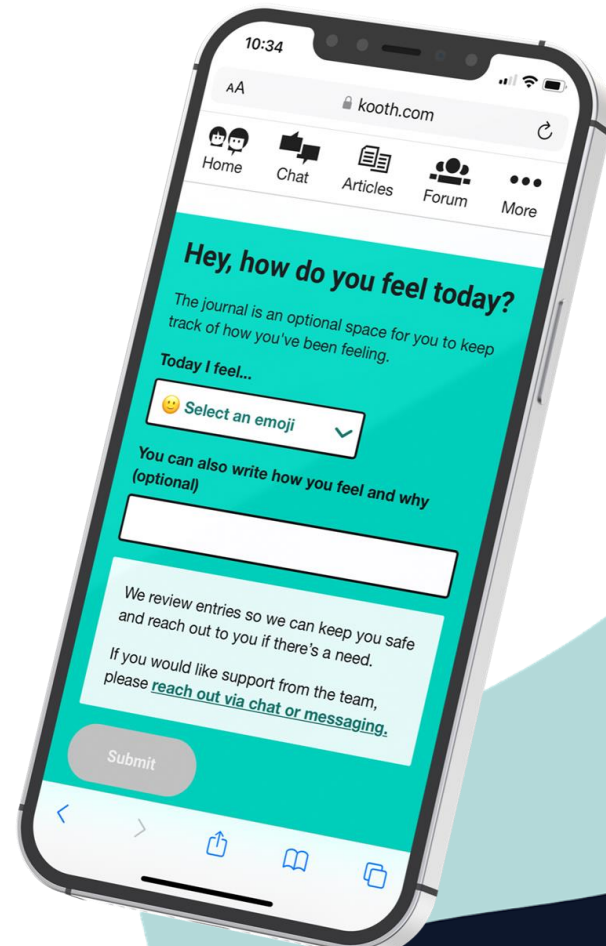
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A range of **self-help tools** all in one place

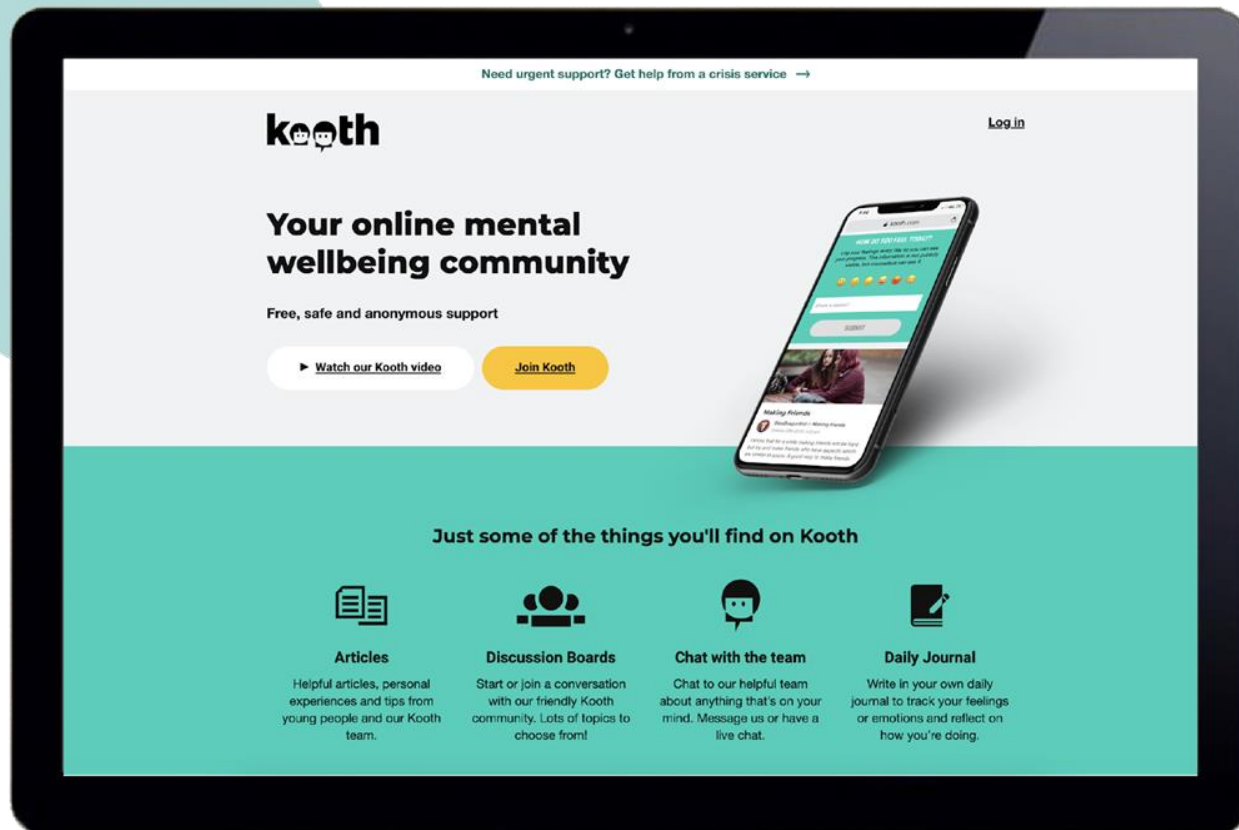
You can use these tools at any time

Options include:

- Wellbeing mini activity hub
- Journal space
- Goal setting
- Discussion boards
- Live forums



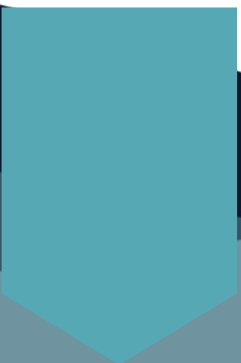
Click on the
‘Join Kooth’
button to
get started



Our range of support options gives everyone **control** over the support they choose, when they want it

We're anonymous

People remain anonymous to protect their privacy, giving them confidence to speak out and access support without stigma or fear of judgement



Personal Choice

We offer a full mental health toolkit
which gives people the opportunity to choose what
kind of support works for them each time they visit



Personal Choice



Self-help Resources

Goal Setting

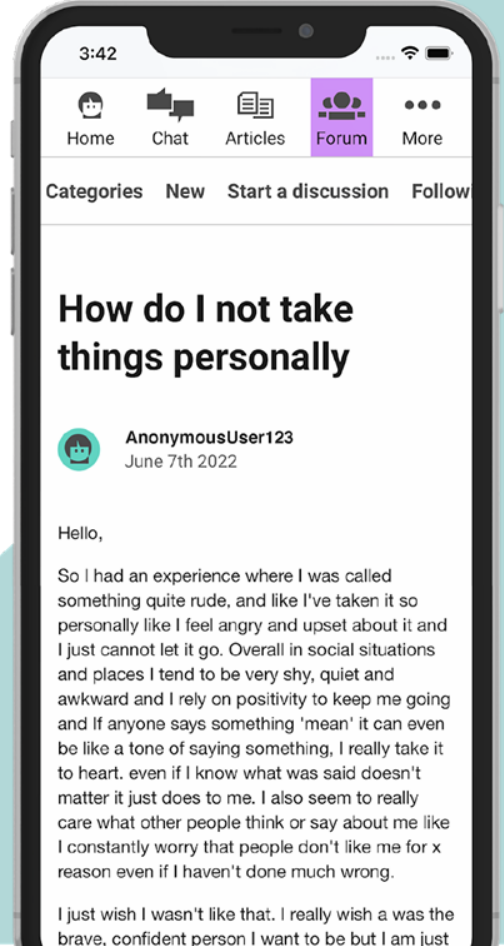
Personal goals can be set and monitored in a safe, moderated environment

Journal

A private yet simple and effective way to track mood and identify personal triggers

Your child is **safe on Kooth** (and the same for you on Qwell)

Because our service is **anonymous and fully moderated**, no bullying, trolling or discrimination can occur and no one can exchange phone numbers or private messages



Personal Choice



Self-help Resources

Community Support

Activities

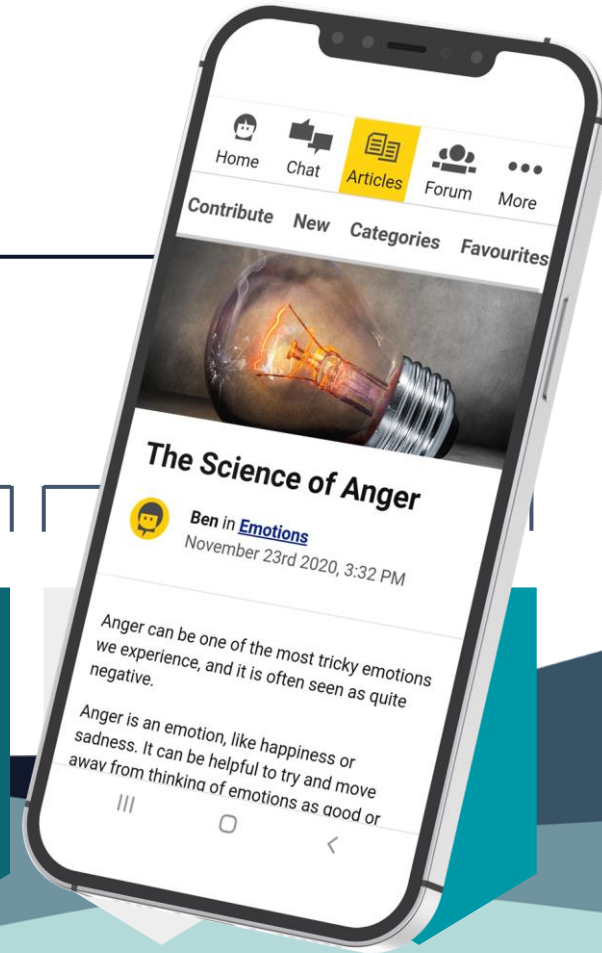
Our inclusive and accessible mini-activities support in building a range of healthy habits, combined with peer support

Discussion Boards

Our vibrant community interacts with other users via our peer to peer support forums

& Podcasts

Over 100,000 articles, pre-moderated and 70% user generated



Personal Choice



Self-help Resources

Community Support

1-1 support

Live Chat

Same day access to qualified practitioners (real people not bots) through drop-in or pre-arranged online chat

Messaging

Message any time of the day and receive a response from a practitioner within 24-48 hrs

Safeguarding: our duty of care

- If anyone is considered a risk to themselves or from others, our practitioner will develop a safety plan with them
- When their safety is a concern, we ask for personal identification information and their consent to share with external services
- If we feel a person is in danger we collaborate with emergency services



How we work alongside other NHS mental health services

- Support for those who **wish to remain anonymous**
- Somewhere for them **to connect with others** who have similar experiences
- Help for those on the **CAMHS or NHS Talking Therapies waiting list**
- Help if they **do not meet thresholds** or criteria for other NHS services
- **'Out of hours' support** as our practitioners are online until 10pm each night
- Option to **try a 1-1 chat session** without committing to programme of F2F talking therapy

Tips on how you can start a conversation

1. Is the setting right? Is it the best time? Sometimes talking when you're not face to face can feel less intense - perhaps when out walking or in the car together
2. Try starting with a simple *"How are you?"* or *"I've noticed you're a bit down/ upset/ angry today, do you want to talk?"*
3. Try to ask open questions e.g. *"Tell me what's worrying you about X"* as opposed to *"Is X worrying you?"* which may only get a one word answer
4. Sometimes sharing your own feelings can help e.g. *"My day's been really tough because..."* then ask *"How about you?"*
5. Listen.... and then acknowledge their feelings
6. Ask them what they need from you
7. Even if they don't want to talk now, do make the offer again as it may take 2 or 3 invitations before they open up
8. Suggest visiting **kooth.com** if they want to speak to someone neutral





A child's friendship problems can also cause worry and anxiety for parents and carers too. If you need to speak to someone about this or anything else that's on your mind, visit [Qwell.io](https://www.qwell.io) where you can speak to one of our practitioners or read about others' experiences.

