



Kooth

Digital mental health and wellbeing support in Scotland



30th May 2024
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Today's workshop

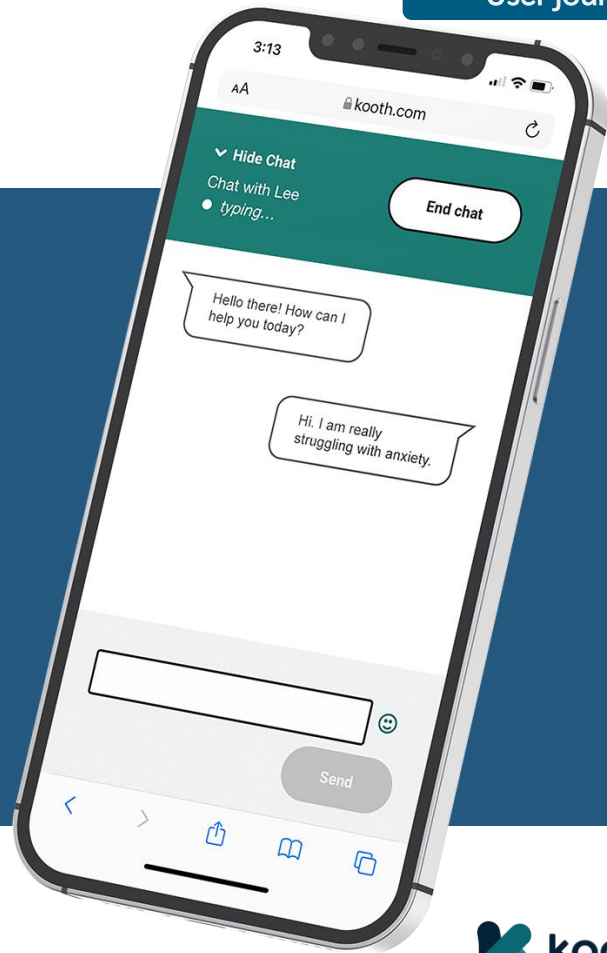
What we will cover today

- Context of children's mental health & wellbeing in Scotland
- Value of providing digital support alongside more traditional services
- What a digital service like Kooth can offer
- Wellbeing hints and exercises that we can all benefit from

Let me introduce you to Fiona

Background

- Fiona (Female, 15 years old, living in rural Scotland)
- Anxiety, stress. Feels her mum is putting pressure on her to get a job rather than continue to college and University. Thoughts of self-harming
- Heard about Kooth in a school assembly and liked the sound of an anonymous service



Mental Health & Wellbeing is a key issue in Scotland and globally

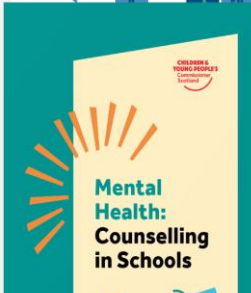
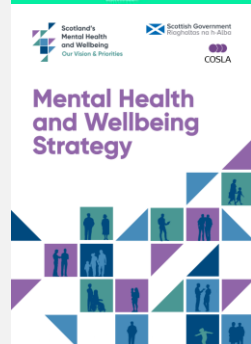
- Children and young people's mental health has **declined** in the past decade
- Around $\frac{1}{3}$ of school aged children in Scotland report anxiety and around $\frac{1}{3}$ low mood or risk of depression
- Studies suggest **1 in 4** young people referred to mental health services in Scotland have **suicidal thoughts** or behaviours
- From Oct-Dec 2023 there were 9,500 referrals to CAMHS. **26%** of referrals for CAMHS are not suitable or do not meet thresholds
- 14,500 young people in Scotland accessed school counselling services between January and June 2022

Sources [Scottish Parliament Report 2022 Children and young people's mental health in Scotland](#), [WHO Health Behaviour in School Age Children 2022](#), [University of Stirling Research 2022](#), [Public Health Scotland CAMHS Waiting Times dataset](#), [Scottish Government Access to Counsellors in Secondary Schools Report](#)

Digital services are needed to complement in person services and offer the opportunity to deliver differently

- **66%** young Scots think that young people are **dismissed by adults** when they try to speak about their mental health
- Young Advisors have noted the need for counselling and support to be available **after school hours** and **during the school holidays**
- Scotland's **Mental Health and Wellbeing Strategy** includes an emphasis on ensuring help is available early, timely support, as well as removing barriers faced by people from marginalised groups
- Young people in Scotland have emphasised the need for **prevention and early intervention**, and for support to be available when they need it
- In this context children and young people need multiple ways to seek support

Sources: [See Me Scotland Feels FM 2.00 Report](#), [CYP Commissioner Scotland Mental Health: Counselling in Schools Report](#), [Our Minds, Our Future Report](#)



Kooth offers young people therapeutic choice and provides anonymous and safe support 24/7/365

Self-therapy

Therapeutic content & activities

Peer support

Professional Support

Asynchronous messaging & live chat

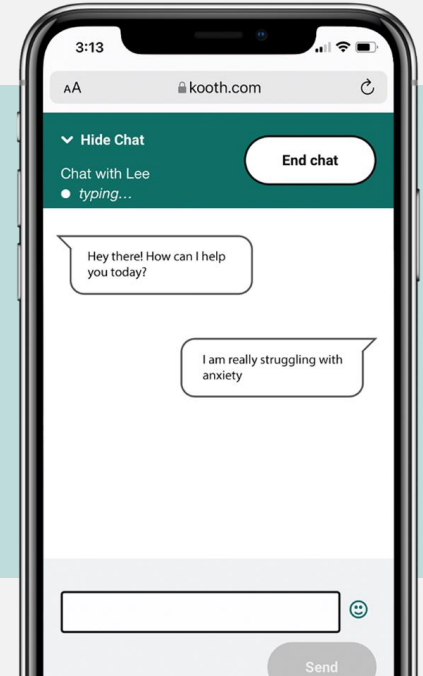
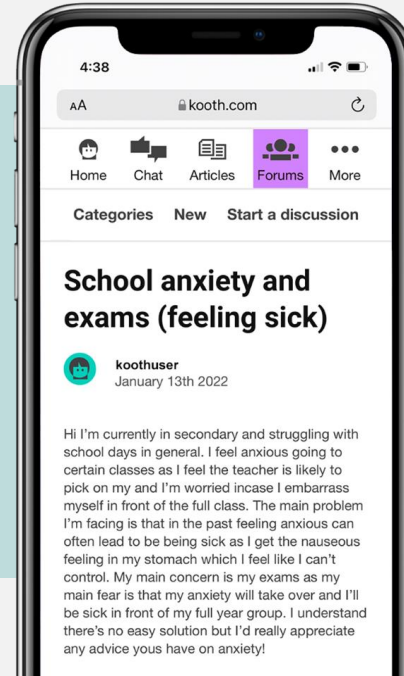
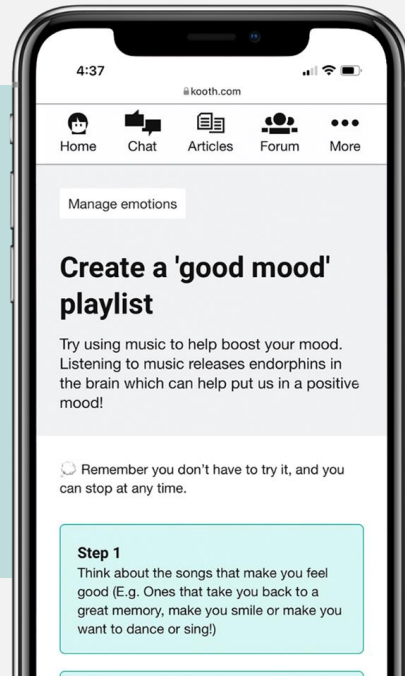
Remove barriers to access

Remove stigma

Choice, not prescription

Safe space

Integrative approach



Kooth's offering in Scotland has been really embraced by our young Scots

> 21k registrations

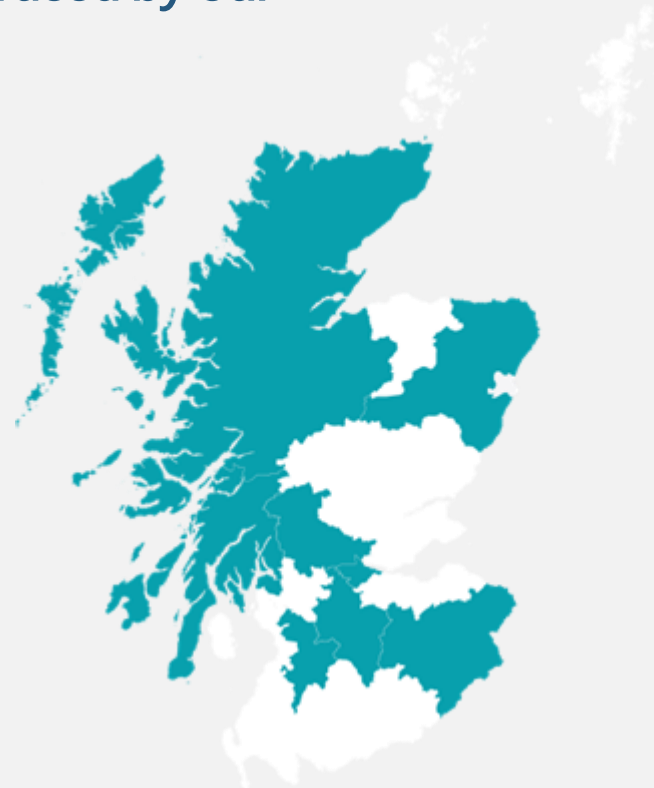
> 88k logins

(av. 4 logins
per user)

Average reach in year one
8% of population

91%

users would recommend us
to a friend

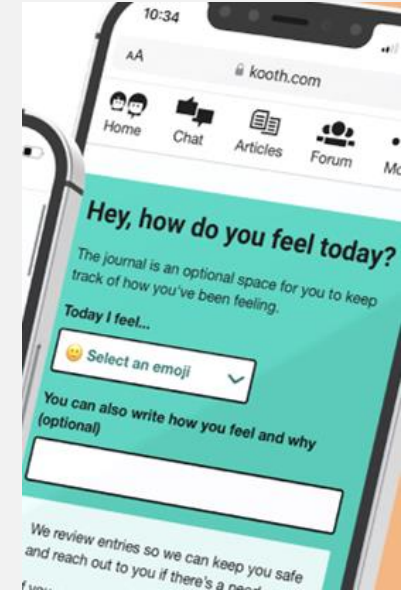


How do you feel today?

- **Take a moment** to capture how you are feeling today
- **Write down** how you are feeling using the post its on your tables or just jot a note on your phone
- You might want to use **words, emojis** or think of a **colour** or an **animal** that relates to how you are feeling

Follow-up reflections

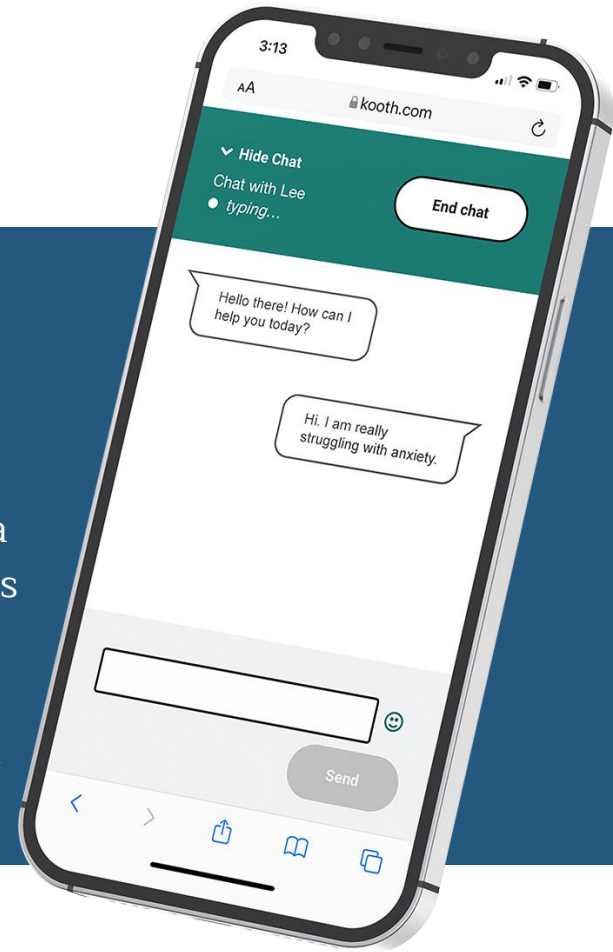
- What has contributed to how you are feeling today?
- Would your answer yesterday or last week have been similar or very different?
- Did anything surprise you about capturing how you feel?



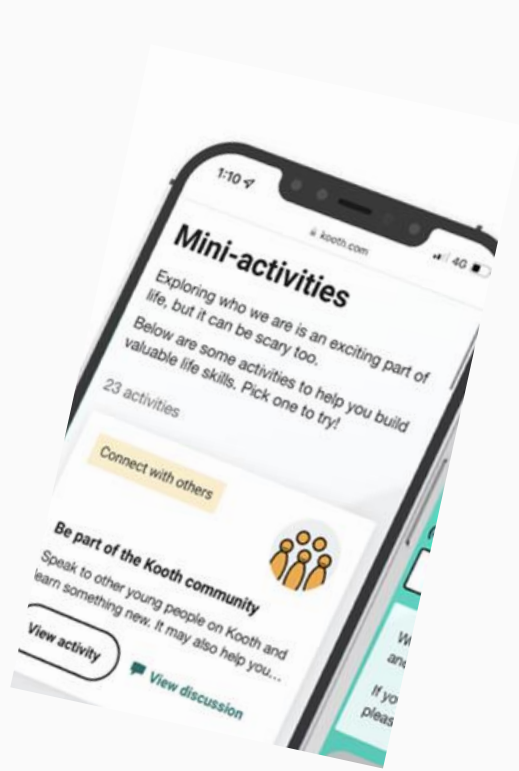
Let's go back to Fiona and her initial Journey

Intervention

- Used Kooth journal initially to express her thoughts and feelings
- Worsening presentation picked up (through moderation) so a chat was recommended. Also joined a forum with other peers about going to college and university
- Engaged with Kooth's mini self help activities recommended by peers



Bubble breathing



- **Let's try** one of the mini activities that Fiona reported helped her in moments of high anxiety - **bubble breathing**
- **You don't have to try this now**, or at all, and you can stop at any time
- **Imagine** you are holding a pot of bubbles
- **Take out** the wand from your bubbles
- Take a **deep breath in** and imagine gently blowing a bubble, so that you focus more on breathing out.
- Let's blow **10 more bubbles**

Follow-up reflections

- Do you notice anything different about how you feel after the exercise?
- Will you have a chance to try this/try this again later today?

Let's go back to Fiona and the impact of the support she received

“I love this website, I can talk to both the Kooth team and also young people who might be able to relate. It has definitely helped me and I think it will help me in future. I recommend it 100%!!!”

- The anonymous digital service gave Fiona a safe space to start to express her feelings and to recognise how much her anxiety was impacting her life. She was also able to access this support in the evenings, at weekends and during the holidays
- Being offered a chat provided her with the opportunity to be supported to develop a toolkit of coping strategies and activities to promote her wellbeing and ground her when things felt overwhelming
- The professional and peer support gave her the confidence to set goals, like talking with careers advisors at her school and speaking with her mum about her hopes and plans for the future

- **Setting** and working on **goals** was a key part of the work Fiona undertook with the support of her practitioner on Kooth
- **Take a moment** to think about a small goal you could set to work on today or in the coming days
 - This could relate to something you want to do while you are here at the conference, or a follow-up action from something you've heard
 - Goals are thought to work best when they relate to a wider aspiration or value that you hold so you might want to take a moment to think about what has resonated most with you or perhaps why you signed up to the conference and what you wanted to achieve from coming along
- Capture your goal and try to make it SMART (specific, measurable, achievable, relevant and time-limited)

Follow-up reflections

- Is there anything that will help motivate you to achieve your goal?
- Are there any obstacles and how might you overcome those?

Kooth has been a great way to find things to do when I am sad and share some things as well

Kooth can really help you express your feelings and make you feel like you actually have someone to talk to.

I think this is very good, I also come here just to write to get things off my chest and it always helps me clear my mind, my teacher recommended this to me and am glad she did I find it easy to say what's on my mind as no one knows who I am and everyone's here for help. This has also made me realise there's other people that are going through the same thing and that I am not alone in what I am going through.

Amazing, accessible along with great advice and anonymous support. Something like kooth is really hard to come by.

Read more in our report ***Giving young people a voice to inform digital services***



Kooth mini activities



Download our mini-activities brochure for a range of activities, co-produced with young people, to support wellbeing and developing healthy habits

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Thank you



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