

Twitter posts

- support for children and young people

Countdown to campaign post:
Any day leading up to the campaign week - 5.30pm

Copy:
From Monday 15th of May, Kooth will be releasing lots of helpful content about coping with Anxiety. Whatever you're going through, you don't have to face it alone.

Stay up to date with Kooth on Instagram [@kooth_uk](https://www.instagram.com/kooth_uk) and find anonymous support here go.kooth.com/cAkV

Image to use:
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General post:
Any day during the campaign week - 5.30pm

Copy:
Whether you're feeling worried, tense or just a little bit low you can talk to Kooth about anything, anonymously today go.kooth.com/c9dU

Whatever you're going through, you don't have to face it alone.

#MentalHealthAwarenessWeek

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Monday 15th of May - 5.30pm

Copy:

Kooth's team will be hosting a live forum discussion tonight to explore anxiety and share different ways of managing the difficulties that can arise.

Whatever you're going through, you don't have to face it alone
go.kooth.com/YOeG

#MentalHealthAwarenessWeek

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Tuesday 16th May - 5.30pm

Copy:

Anxiety can feel different for everyone. Whether you're feeling physical or emotional symptoms you don't have to face them alone.

You can find anonymous support from Kooth's online community today
go.kooth.com/x7rR

#MentalHealthAwarenessWeek

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Wednesday 17th of May
- 5.30pm

Copy:

Many of us may have experienced a panic attack or know someone who has. Kooth is hosting a live forum discussion tonight to help you explore different ways you can cope.

Whatever you're going through, you don't have to face it alone
go.kooth.com/fR2g

#MentalHealthAwarenessWeek

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Thursday 18th of May - 5.30pm

Copy:

Some of us may feel really fearful about social situations. Social anxiety is more common than you might think and you don't have to face it alone.

Get instant access to lots of helpful discussions and content today go.kooth.com/EKJH

#MentalHealthAwarenessWeek

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Friday 19th of May - 7pm

Copy:

Fast breathing, dizziness and sweating are just some of the signs that we may be feeling anxious. But there are some practical techniques that you may find helpful.

You can join Kooth's discussion, anonymously here go.kooth.com/TnDX

#MentalHealthAwarenessWeek

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Saturday 20th of May - 6pm

Copy:

Sometimes, the people we care about may be struggling or feel particularly anxious about something. This can be really difficult for those of us around them.

If you're feeling overwhelmed, you don't have to face it alone. go.kooth.com/CeNs

#MentalHealthAwarenessWeek

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Sunday 21st of May - 6pm

Copy:

There can be many reasons we might find it hard to share our feelings with family members. You're not alone with this but there may be some things you've not considered before.

You can find support from Kooth, anonymously today go.kooth.com/Hs8x

#MentalHealthAwarenessWeek

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