



# Kooth Live Forum Topic Calendar

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October 2020

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**Kooth plc**

## Kooth Live Forums: October 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.*

### Wednesday 7<sup>th</sup> October – **Supporting World Mental Health Day**

This year looking after our mental health is more important than ever. Join us for an evening of discussion on how we can support and celebrate World Mental Health Day. This will include lots of fun and creative ways of raising awareness despite difficult circumstances. We hope you can join us!

### Monday 12<sup>th</sup> October – **Living with OCD**

OCD is an often misunderstood disorder. Liking things neat and tidy doesn't make somebody "a little bit OCD", so what is it? As part of OCD Awareness Week 2020, tonight's live forum is will be looking at what it's really like to live with obsessions and compulsions, and how to find advice and support under the current restrictions. Come along to chat with us!

### Friday 23<sup>rd</sup> October – **Myth Busting: Toxic Masculinity**

Toxic masculinity is the unhealthy expectations society places on men, and the negative behaviours they think they have to follow to 'be a man'. These toxic and often harmful stereotypes can have huge impacts on mental health and wellbeing. Tonight, we want to create a safe space for you to explore your thoughts, feelings, and experiences of toxic masculinity, and by having an open conversation we hope to offer support and to challenge these harmful stereotypes.

### Wednesday 28<sup>th</sup> October – **Let's Talk About Black History**

October is Black History Month, and to honour this occasion... Let's Talk About Black History! Black History Month is an opportunity to celebrate and truly appreciate diversity in the UK, as well as learning more the rich history, culture, struggle and achievements of the black community. In this live forum, we'll be looking at famous black role models, the history of black communities in the UK, and why it's so important for us to celebrate Black History Month. Come along and join the chat, everyone is welcome!

