



# kooth FUTURE COUNCIL

Imagine the impact young people could have if they were given a chance to **shape the conversation** around mental health for their peers. Kooth is now offering this very chance to **15-18 year-olds across the UK.**

## WHAT IS THE KOOOTH FUTURE COUNCIL?

We want to empower young people to **lead conversations about mental health.** Winners will form our first ever **Kooth Future Council** - and get the opportunity to **collaborate with top creative talent**, including Luke Vernon and other top social media influencers.

Guided by these experts, the Kooth Future Council will dive into creative masterclasses, **transforming their ideas into mental well being content** and campaigns through writing, design, video, and more.

## WHY SHOULD YOUNG PEOPLE ENTER?

This is a **unique chance to learn from experts** and gain skills like teamwork, leadership, and creative problem-solving—perfect for making UCAS applications and CVs really stand out.

Plus, they'll be at the **forefront of a campaign empowering young people** to normalise conversations around mental health – how amazing is that?



Head to [kooth.com/future-council](https://kooth.com/future-council) to find out more and get involved.



# kooth FUTURE COUNCIL

## The competition

Our competition is for anyone who has an experience or some advice to share about handling negative emotions and a willingness to get creative. The entry is simple. Students just need to answer the following question: “Tell us how you overcome negative emotions.”

## COMPETITION DETAILS

**Who Can Enter?** Teens aged 15–18 in Britain.

**How to Enter:** Share how you overcome negative emotions through artwork, illustration, photography, video, or creative writing before the closing date of Friday 15th November.

**The Prize:** The opportunity to join the exclusive Kooth Future Council and collaborate with creative professionals.

## SUBMISSION GUIDELINES

**Artwork/Illustration:** High-res image (JPEG/PNG).

**Photography:** High-res photo (JPEG) with a short description.

**Creative Writing:** Up to 500 words in PDF.

**Video:** Max 60-sec vertical video (MP4) or private link with a short description.

**Judging Criteria:** Creativity, originality and authenticity.

**How to Enter:** Visit [kooth.com/future-council](https://kooth.com/future-council) for submission details and T&Cs or scan the QR code below.



Head to [kooth.com/future-council](https://kooth.com/future-council) to find out more and get involved.