

cool2talk is a website for young people aged 12 to 25 years old living in Tayside, The Western Isles, and Argyll & Bute

Young people post a question online & receive a professional response back on the site within 24 hours. The service is non-judgemental & anonymous with a robust safeguarding protocol. It provides local service directories, health information and a way to consult with young people across all areas

For more information on cool2talk watch our promotional video [HERE](#)

Partnership Working



The success of the cool2talk service depends on working with partners across all agencies to promote the site to young people.

We offer resources (cards, posters, wristbands & pencils), a banner and workers can come into schools or visit teams to talk about cool2talk.

We also have a session plan that can be used by anyone supporting young people to access the site.

We are running a 1 hour session online for workers on Dec 5th & 7th, 4.30-5.30 pm to update professionals on the work we are doing

[MORE INFO](#)



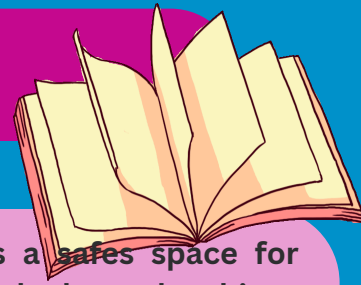
FOR RESOURCES OR
INFORMATION
CONTACT
ALLISON.STEWART@
NHS.SCOT

You can share our promotional social media posts by following our accounts on Facebook, snapchat and Instagram @nhs.cool2talk

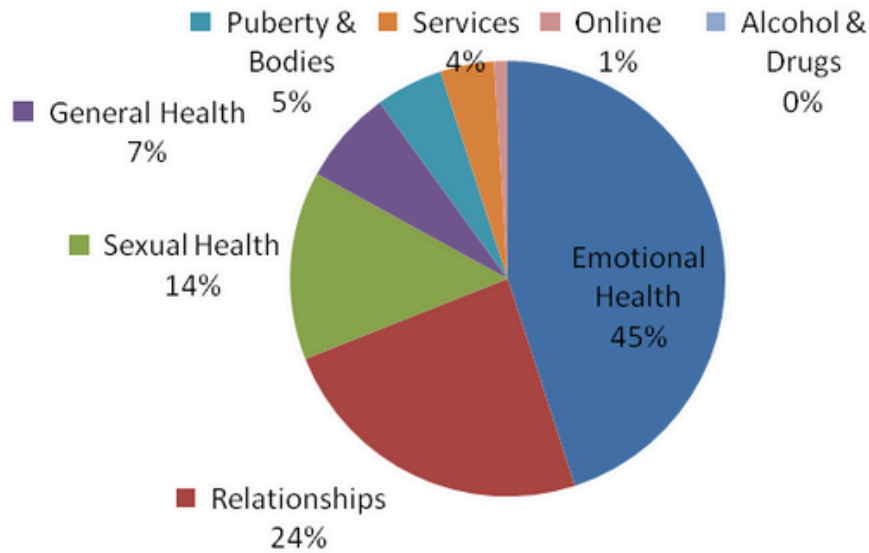
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1110
QUESTIONS
ANSWERED IN
2022

Young People's Stories



QUESTION BREAKDOWN 2022



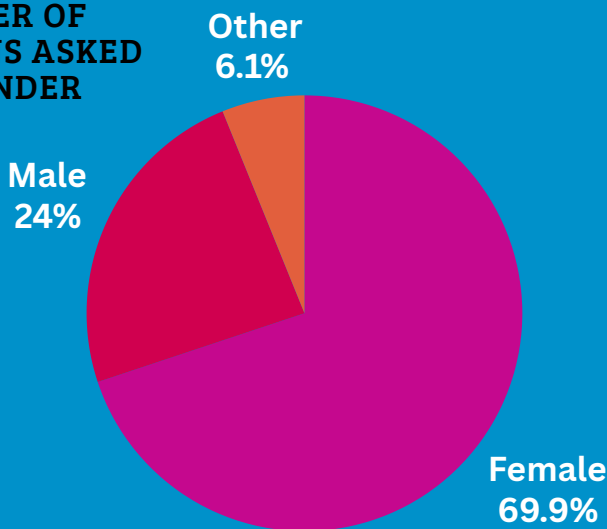
cool2talk provides a safe space for young people to ask about the things that are worrying them.

As workers it is our job not just to provide answers but to listen & understand the stories, feelings & themes behind the questions. we use a reflective approach, that can sometimes be directive.

The questions young people ask regularly include feelings of isolation and loneliness, anger, sadness, depression, confusion, feeling different, worthless or insignificant.

Our answers encourage young people to access support, build resilience & make them feel heard.

NUMBER OF QUESTIONS ASKED BY GENDER



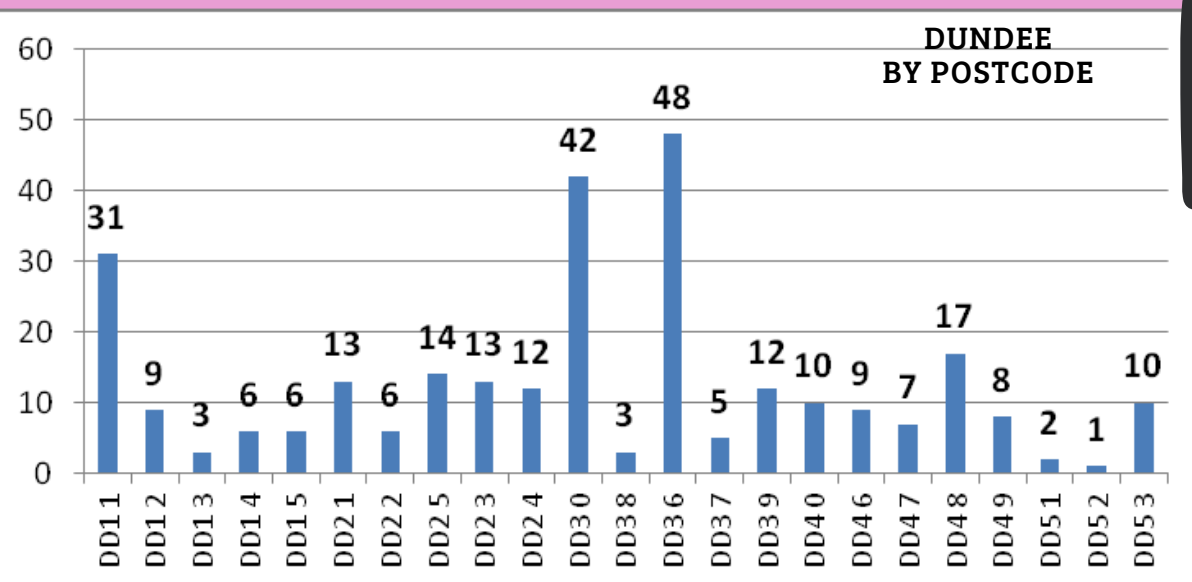
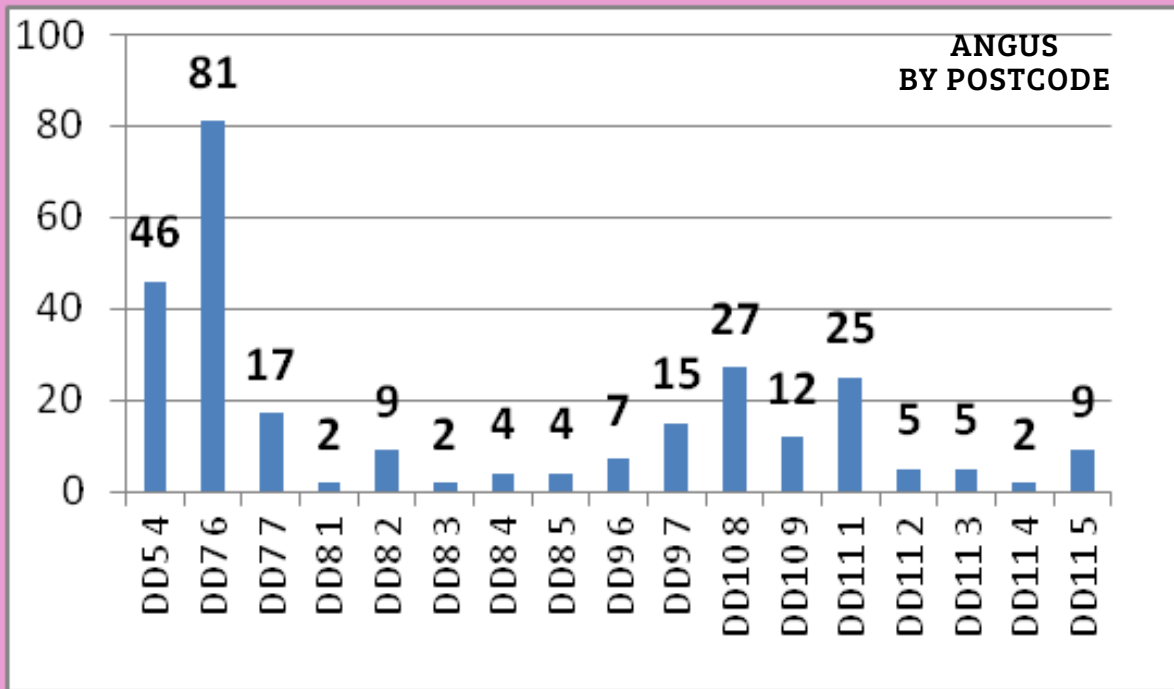
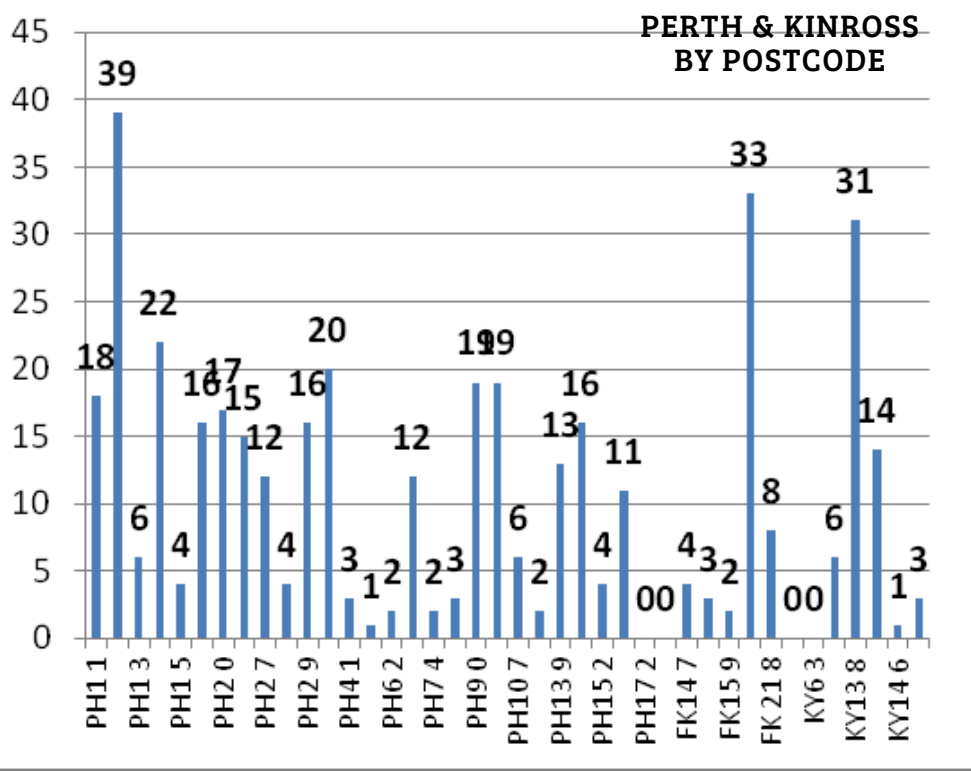
Specific data is available around themes in each area, right down to postcode
Just ask us!!

ALL QUESTIONS ARE CATEGORISED AND TAGGED PROVIDING INSIGHT & ALLOWING US TO MONITOR TOPICS & THEMES.



TAG BREAKDOWN 2022

Breakdown of questions by postcode area across Tayside 2022



AVERAGE USERS IN A WEEK 800 (PEOPLE LANDING ON SITE)

ONLINE

ONLINE ONLINE

ONLINE



Online is one of the key category tags we use on cool2talk. The percentage of questions compared to other categories is small, but the themes are universal. For many young people the digital landscape is a positive one, and also one that they are able to navigate.

Sometimes young people do need support. Tags under the online category include pornography, abuse, bullying, intimate images, anxiety, the law, consent, screen time, privacy, friendship, social media, harassment, communication, coercion, CSE and self harm.

CAN YOU HELP US PLEASE **Survey on young people's** **online use**

We are updating our professional training & have an open survey asking young people (aged 16 plus) and professionals (working with 12 to 25 year olds) for their opinions about young people's online use

CLOSING DATE 17th NOVEMBER

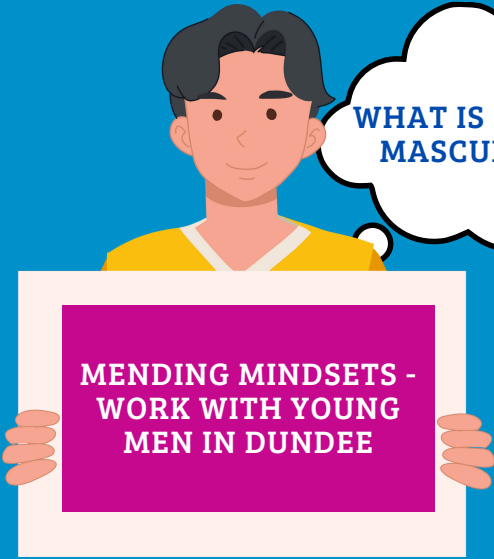


Professionals

scan the QR
codes to
access and
please share!



Young People



WHAT IS POSITIVE MASCULINITY?

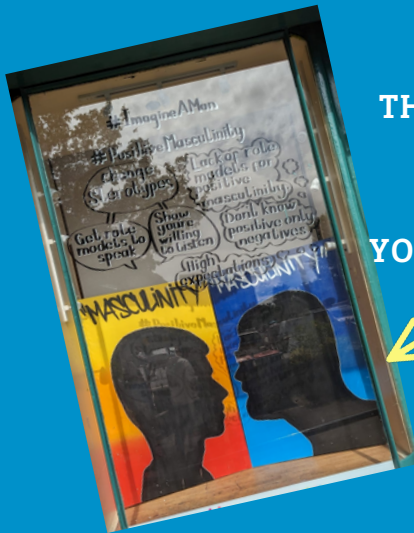
MENDING MINDSETS IS A GROUP OF YOUNG MEN WHO HAVE BEEN INVESTIGATING WHAT IT MEANS TO BE MALE

WHERE DO STEREOTYPES COME FROM?

HOW CAN WE SUPPORT BOYS & YOUNG MEN?

Supported by Children & Families Services Dundee, Police Scotland & NHS tayside (cool2talk) The group conducted research with their peers. They focused on stereotypes and mental health, developing their own thinking around the concept of 'positive masculinity'

THE WORK WAS PICKED UP BY NATIONAL COLLEAGUES FROM YOUTHLINK SCOTLAND AND NO KNIVES BETTER LIVES (NKBL). THE GROUP WERE INVITED TO BE PART OF THE SECOND YEAR OF THE 'IMAGINE A MAN' PROJECT. CHECK OUT THE FABULOUS TOOLKIT FOR PROFESSIONALS THAT THEY CONTRIBUTED TO [HERE](#)



THE GROUP ALSO WORKED WITH A LOCAL ARTIST TO CREATE ARTWORK TO SHARE THEIR FINDINGS

YOU CAN WATCH A FABULOUS VIDEO CREATED BY THE YOUNG MEN [HERE](#):

Next steps in the project will be determined by new group members, focusing on how we can work together to make things better for young men growing up in Dundee. If you'd like more information please contact Linzi.mckerrecher@nhs.scot

IN THE MEANTIME PLEASE SUPPORT THIS WORK BY:

- Sharing with others
- Encouraging conversation around 'positive masculinity'
- Use #MendingMindsets #ImagineAMan and #DundeeLearning to share your idea of 'positive masculinity'
- Letting any young men aged 16 to 18 know how to get in touch if they're interested in taking part

