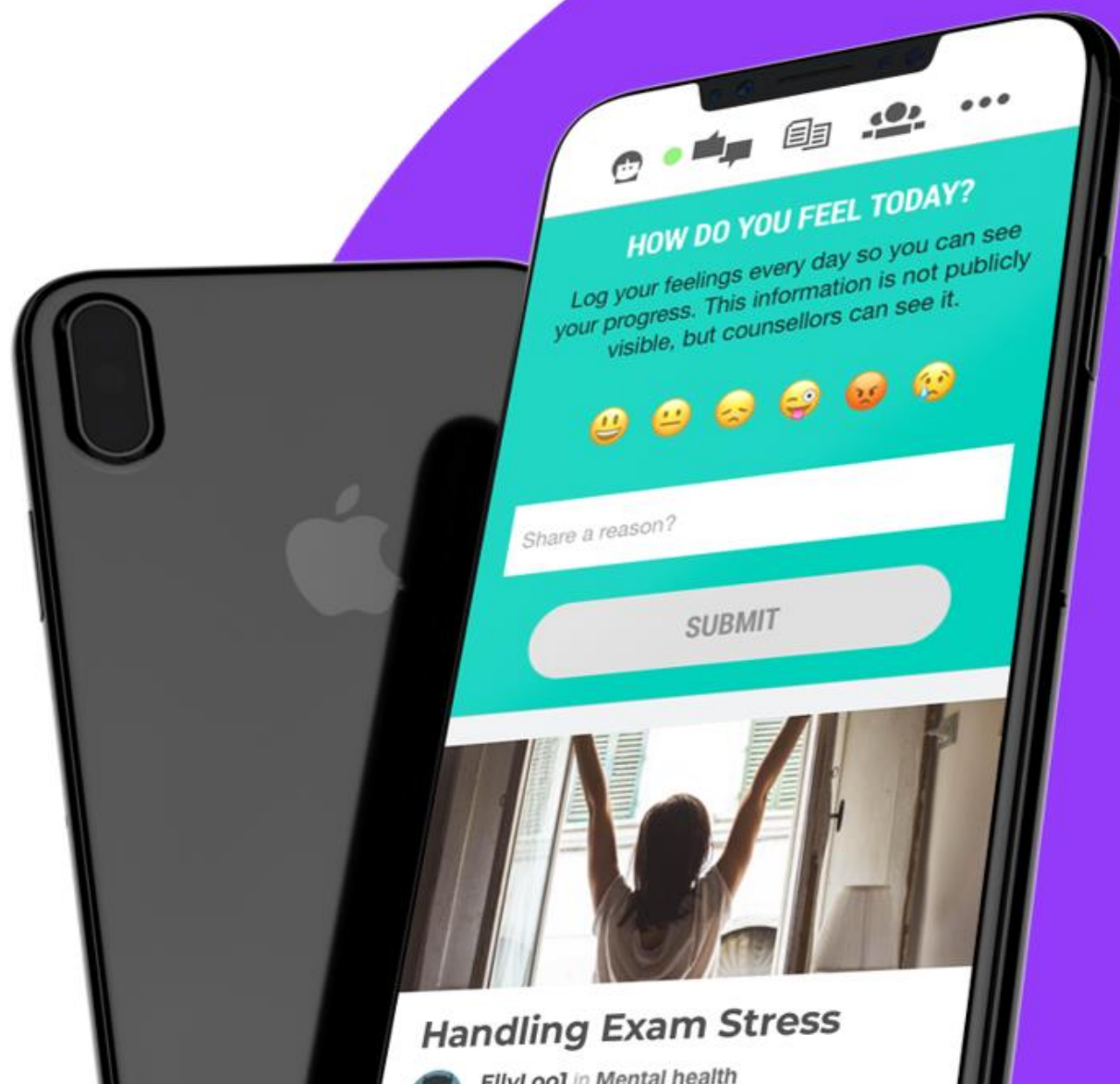




Overview of the Kooth platform and features

kooth



kooth

It's free, safe and
anonymous.



Kooth helps with:
Anything.

Anything that's making you
feel worried is worth talking
about.



Online counselling & well-being support

- Young people can sign up themselves – no referral needed
- Text based – live or asynchronous messaging
- Offers a range of therapeutic tools and activities
- Open 365 days a year
- 12-10pm weekdays, 6-10pm weekends





[Log in](#)

Your online mental wellbeing community

Free, safe and anonymous support

► [Watch our Kooth video](#)

[Join Kooth](#)



Just some of the things you'll find on Kooth



Magazine



Discussion Boards



Chat with the team



Daily Journal

Username:



JoeBloggs2019



H^wPD(46sjP!%



MyDogIsSoCool33



HarryPotterfangirl19



a tip from our friendly counsellors:
**Make your username
random, but easy to
remember!**



365
days

**When are our
counsellors
online?**

Monday - Friday

Afternoons & Evenings

Weekends

Evenings

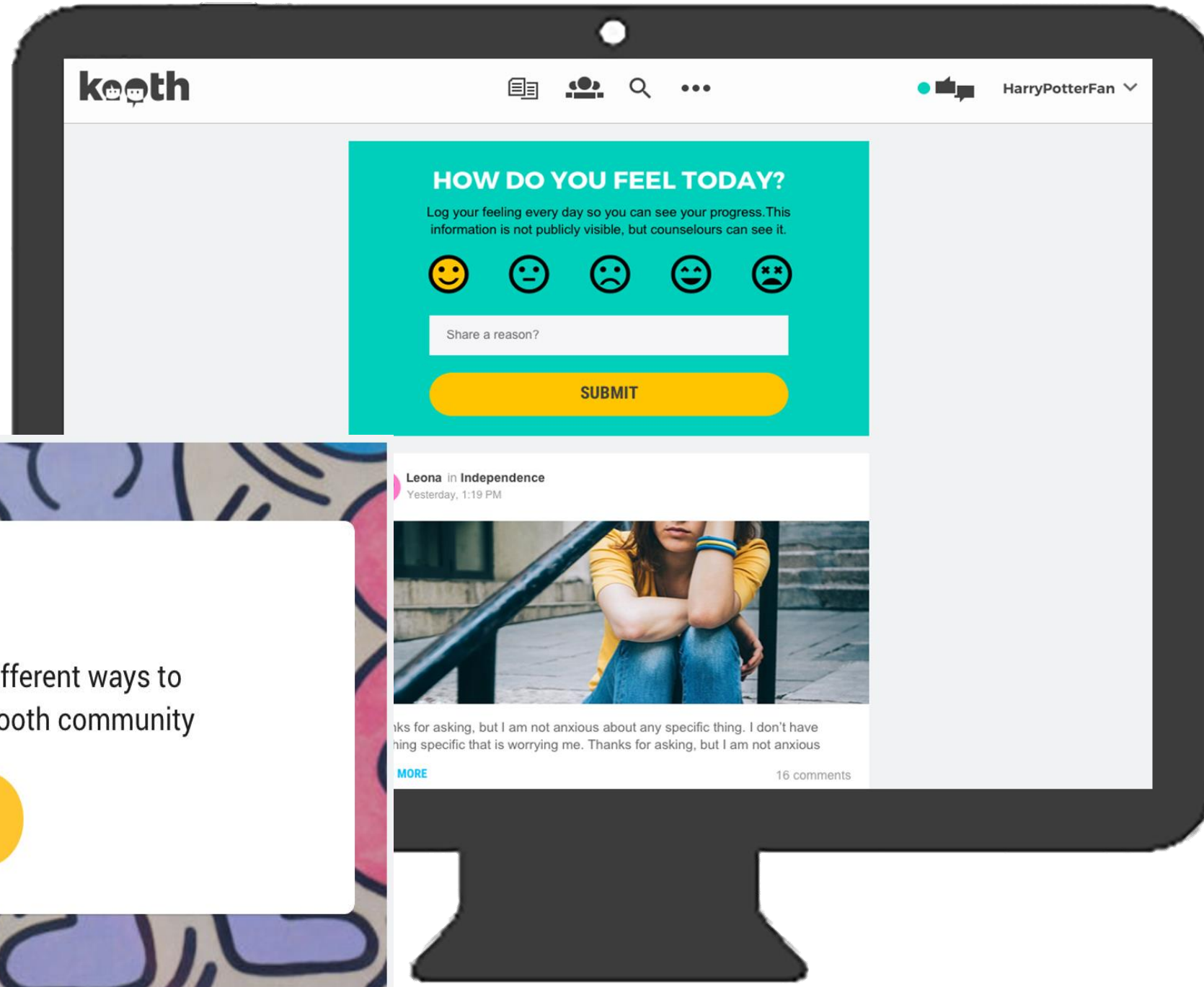
Full counselling hours are on the homepage

Kooth Activities & Journal

Mini-activities

New things you might like to try! Different ways to learn, create and feel a part of the Kooth community

[Go to Activities](#)

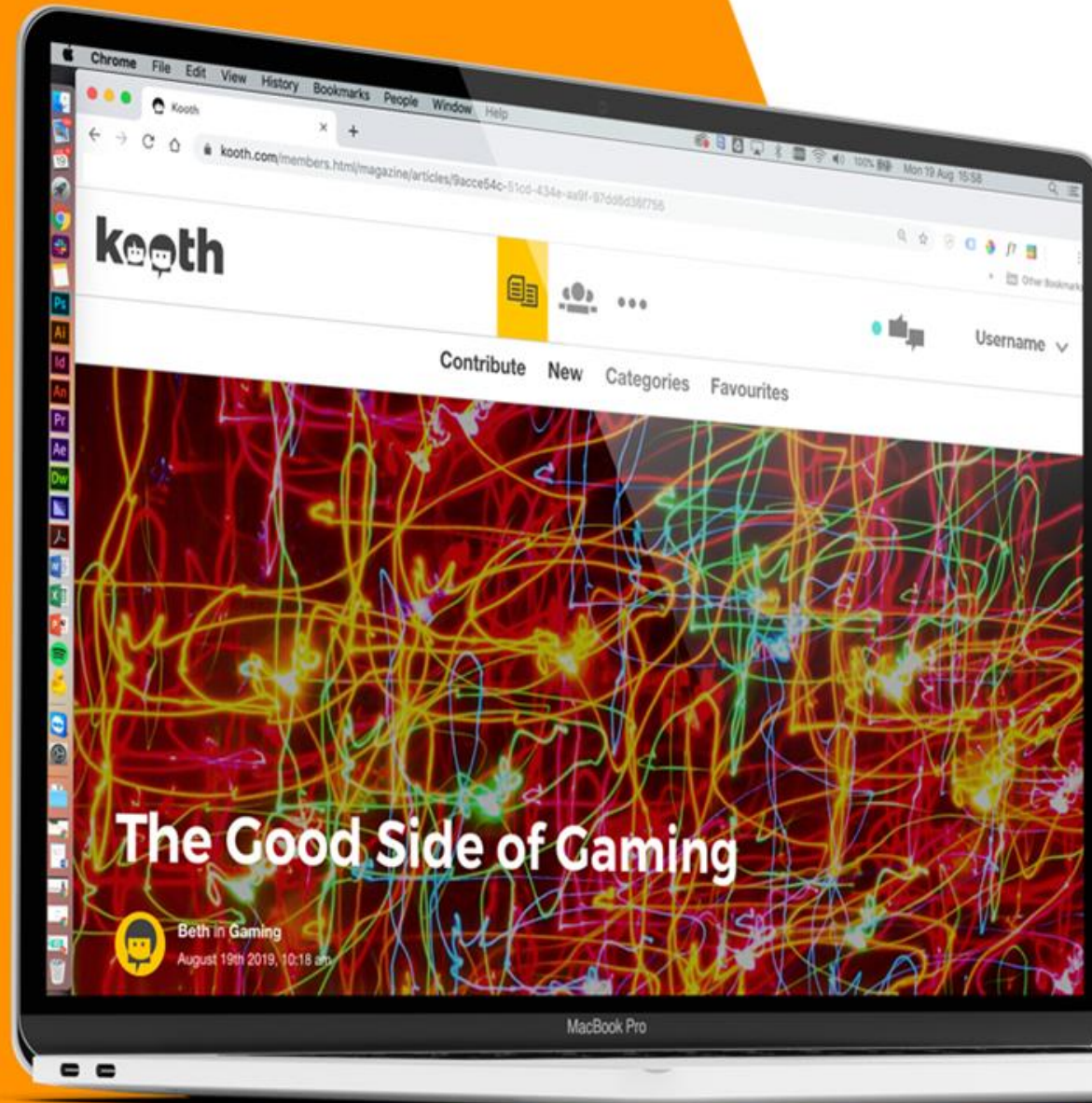


“Kooth offers so much more than just speaking to a counsellor. The community is always online, and there’s other young people that will be there to help you. **You’re never alone, don’t be afraid to speak up.**”



Kooth Magazine

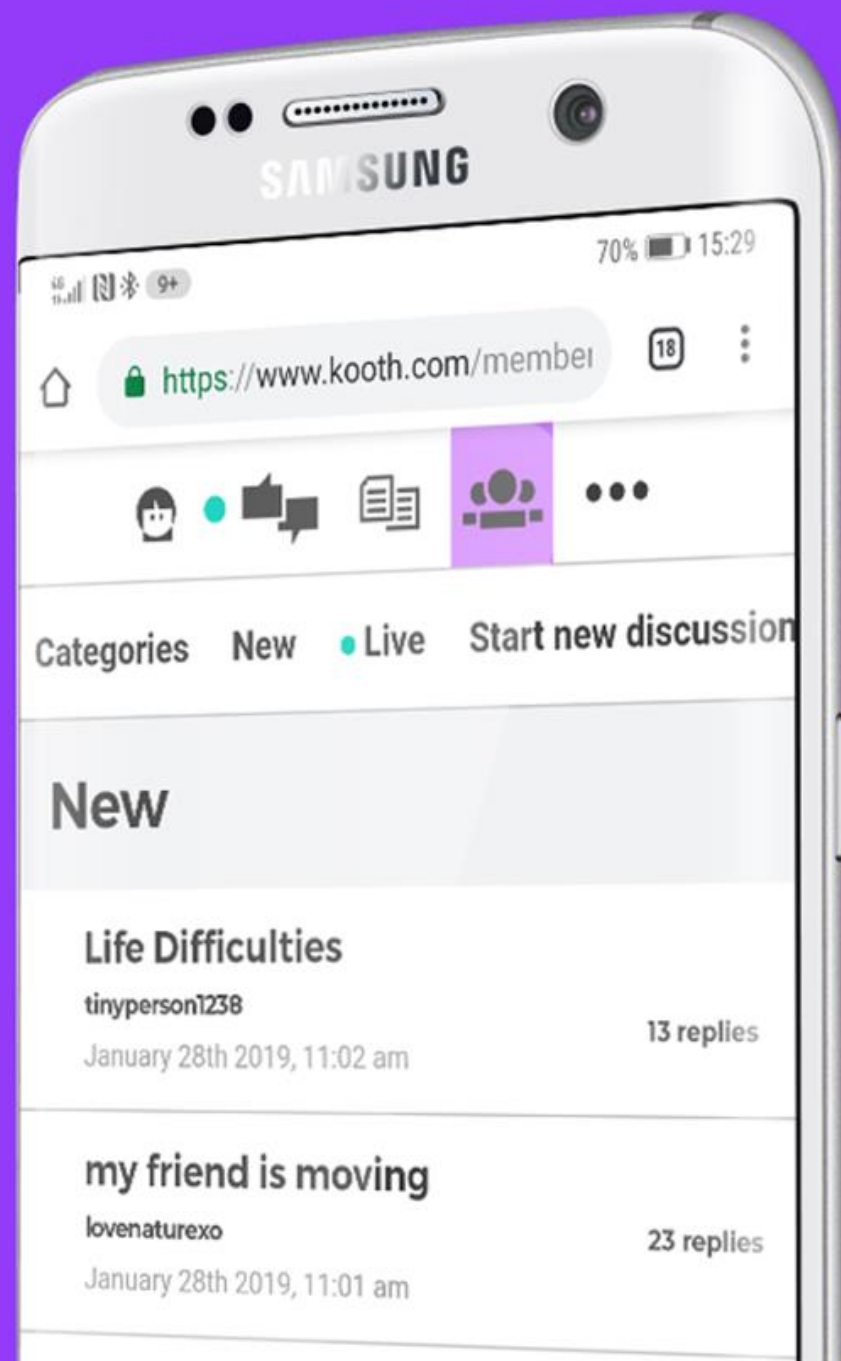
- Posts include anything from personal stories, to creative writing and advice on how to get through a hard time
- Explore articles written by experienced professionals
- Contribute to the magazine, or read other young people's posts!





Kooth Forums

- Browse through posts on many different topics, both serious and fun!
- Give or receive support from others in similar situations to you
- Connect with others in themed live forums



Kooth is free, safe and
anonymous.

- Everything is pre-moderated and confidential
- No personal details or real names
- All the counsellors are trained, qualified and are used to working with young people
- If you needed, we would talk to you about face-to-face services as well as talking to us online



**Everyone needs support
sometimes - and if you do,
Kooth is here.**

[kooth.com](https://www.kooth.com)