

kooth

Your online mental
wellbeing community

kooth.com





Emily Roberts
She/her

A bit
about me.



**Where do you go when
you need to talk to
someone?**



Here are some
things we'd like
you to **always**
remember about
Kooth...

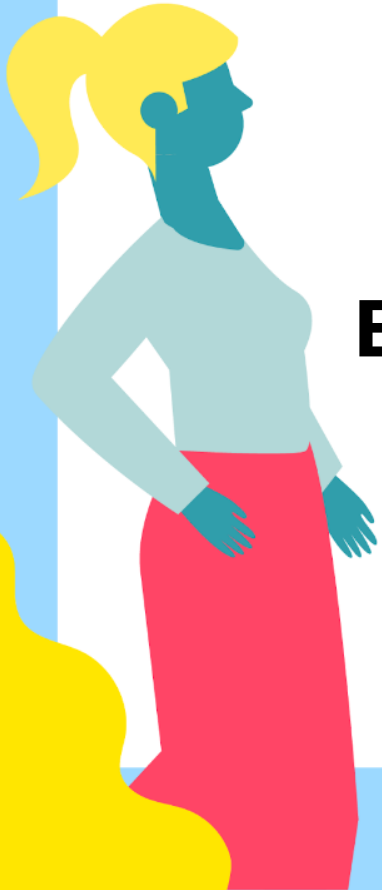
It's **completely free.**



You don't need to be
referred by anyone.

You can **sign up anytime.**





Bullying and trolling

can't take place
on the site.





You're anonymous
to us

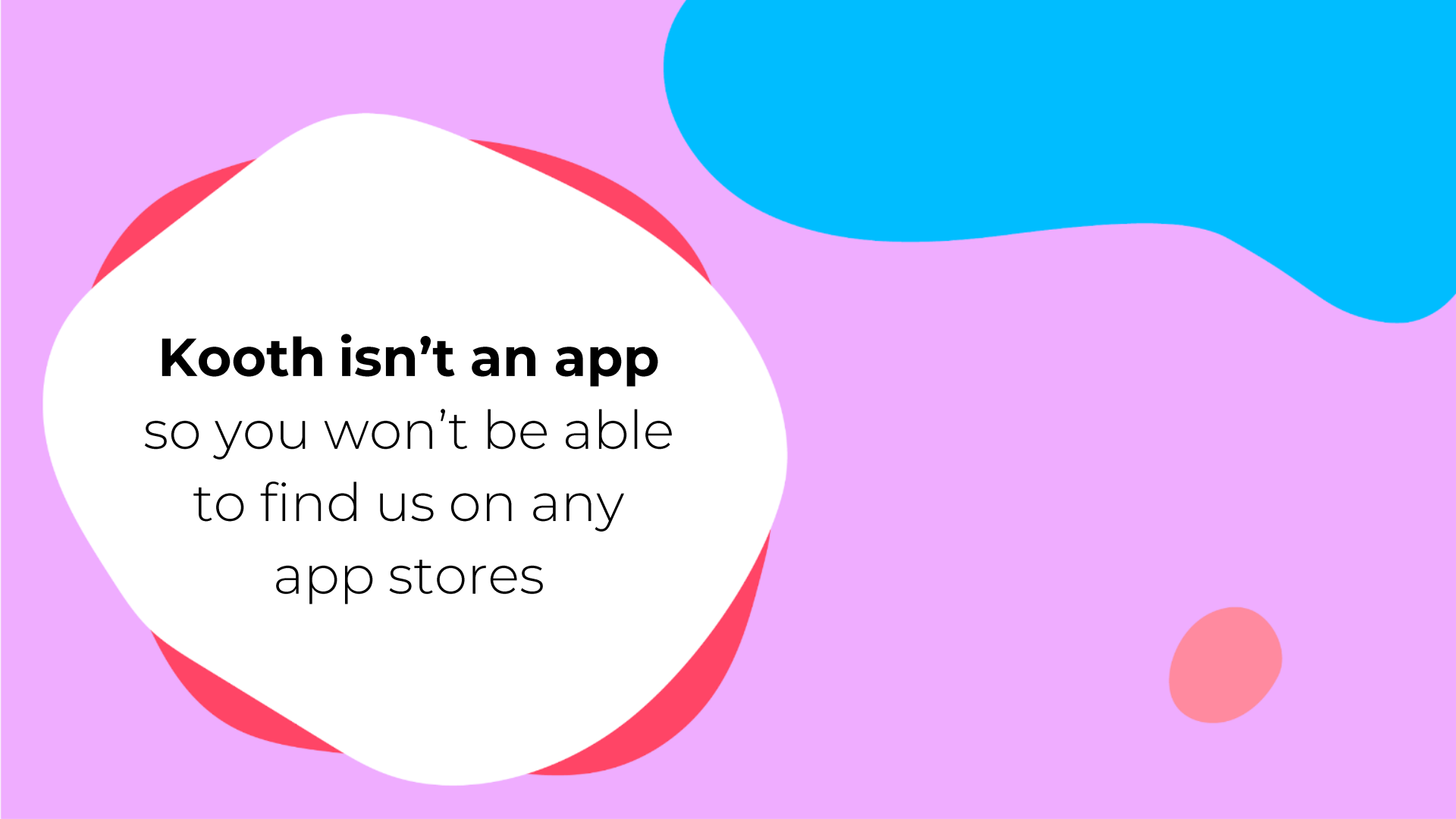


No problem is ever too small at Kooth

If it's on your mind, we're here to help. Some of the feelings or difficulties we can support you with could include:

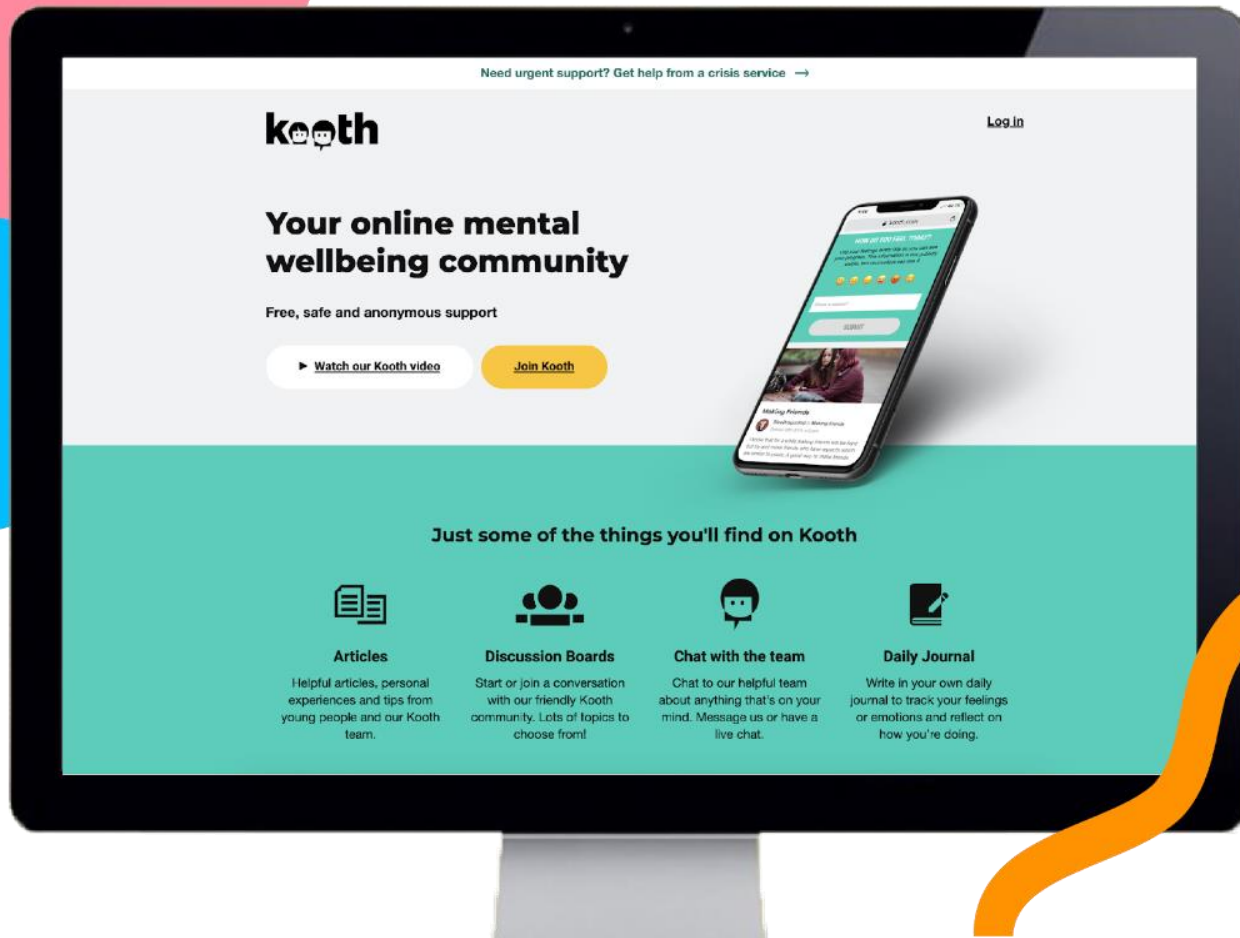
- Stress
- Anxiety
- Friendships
- Life at home
- Exam or coursework pressures
- Eating difficulties
- Loneliness
- Body image concerns
- Anger
- Confidence
- Big changes
- Social media





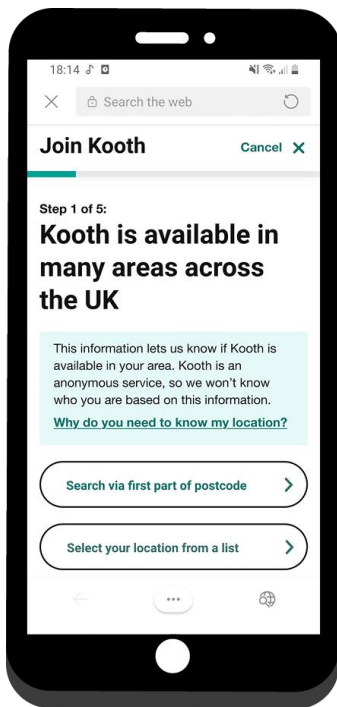
Kooth isn't an app
so you won't be able
to find us on any
app stores

Click on the
'Join Kooth'
button to
get started



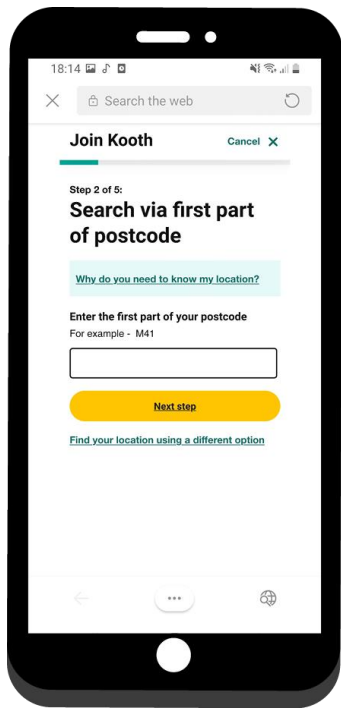


1. Select **Join Kooth**.

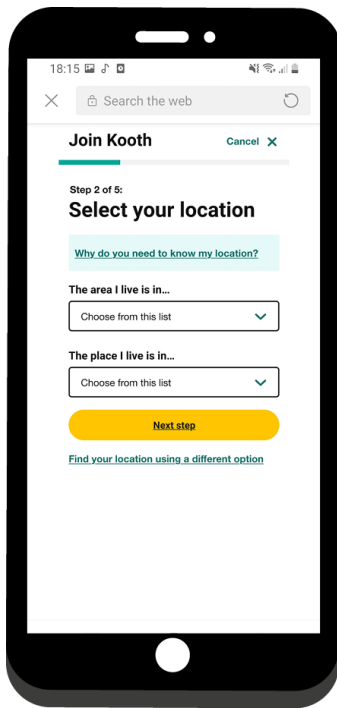


2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**



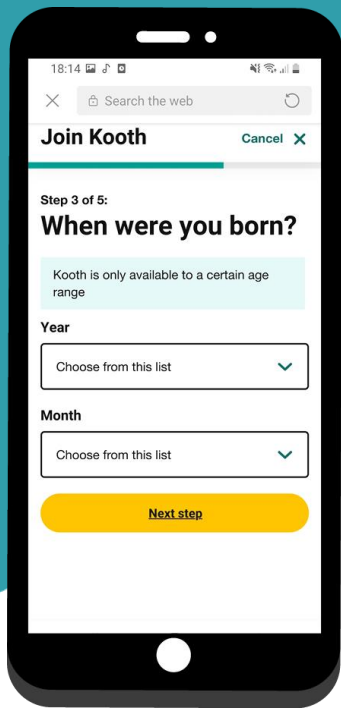
OR



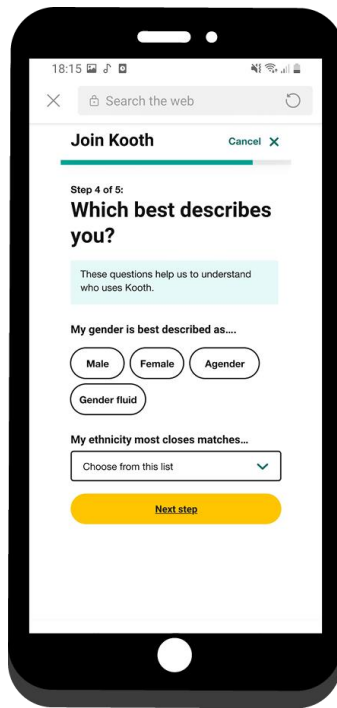
3. Enter the first part of your postcode.

4. Choose your area from the dropdown.

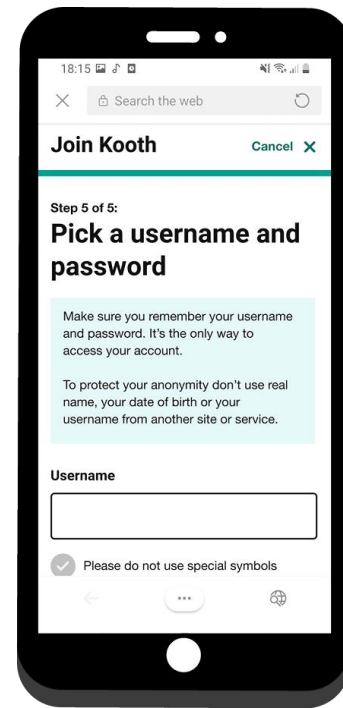





5. Select your month and year of birth.



6. Select your gender and ethnicity.



7. Create an **anonymous (not your real name)** username and secure password.



We offer **a range of support options** and you have **complete control** of what to use.



Professional support

Self-directed support

Community support

Live text-based chat

Send a message to our team


Helpful articles

Activities

Journal Space and Goal Setting

Discussion boards

Live forums



Live text-based chat
with a member of our
team. We're here to
listen

Our team are
here for you
365 days a year

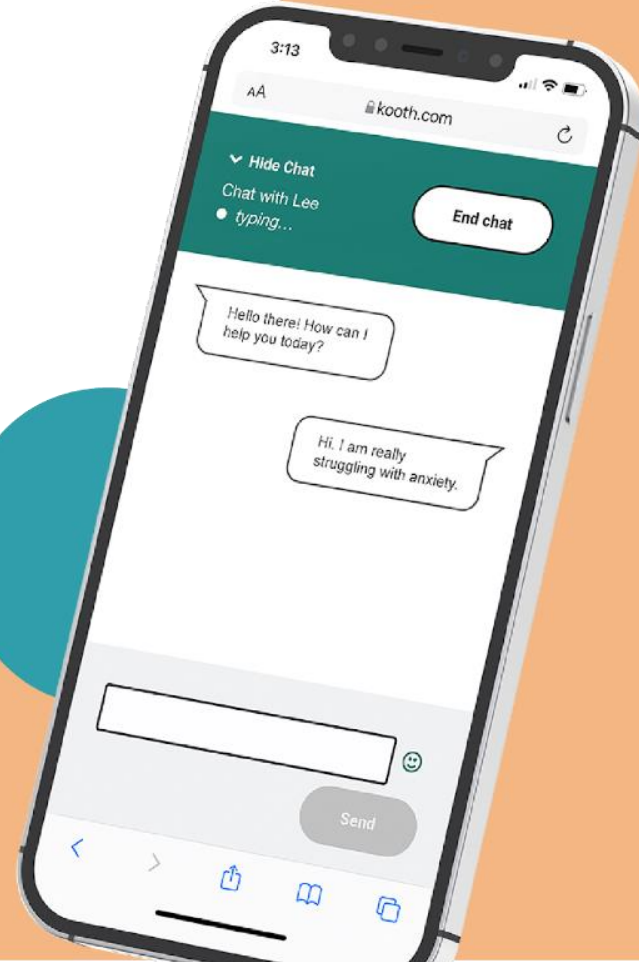
You can chat with us
during the following hours:

Monday - Friday
12pm - 10pm
Saturday and Sunday
6pm - 10pm

Your first chat session

When you first come to chat, we will talk with you about:

- Understanding a little bit about you
- Exploring your current difficulties and what's brought you to Kooth
- Thinking together about the best way we can support you

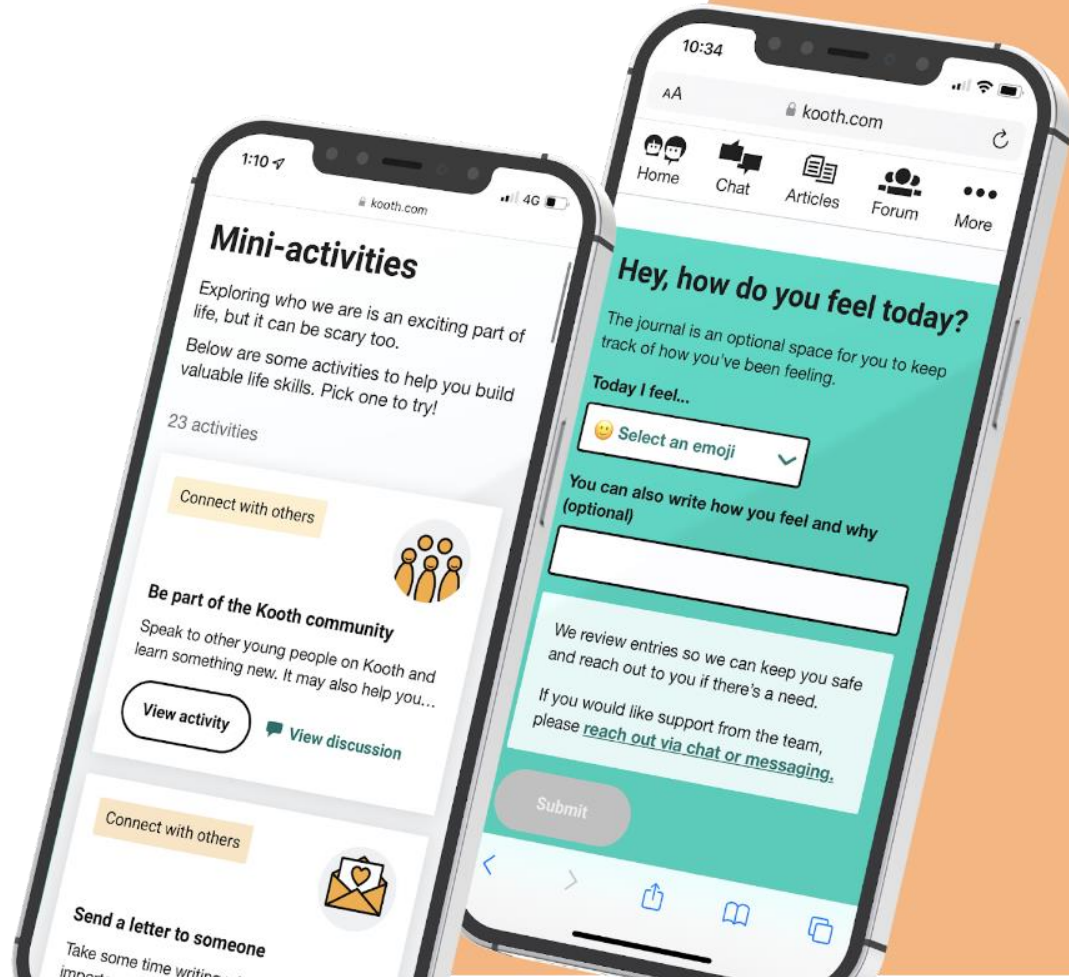


A range of **self-help tools** all in one place

You can use these tools at any time.

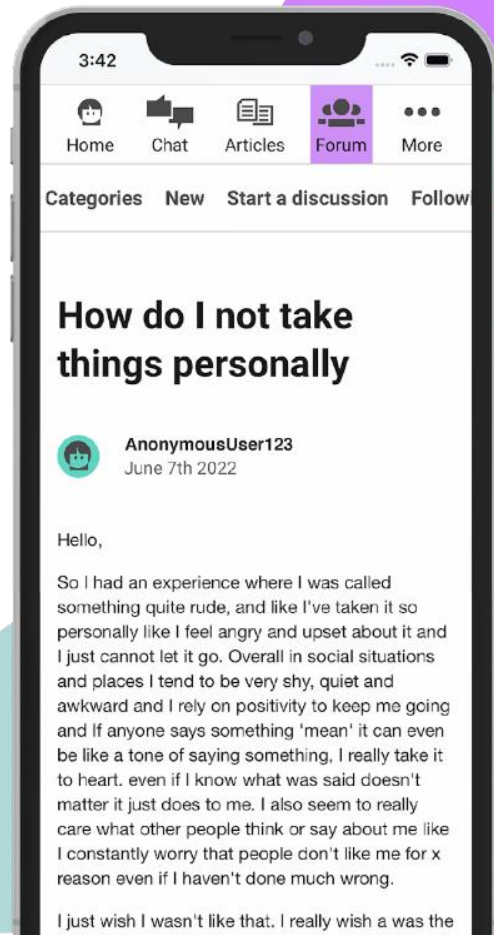
Options include:

- Wellbeing mini activity hub
- Journal space
- Goal setting



Find support from other young people in our **discussion boards** and **live forums**

You can start or join any discussion and there's lots of different topics to choose from!

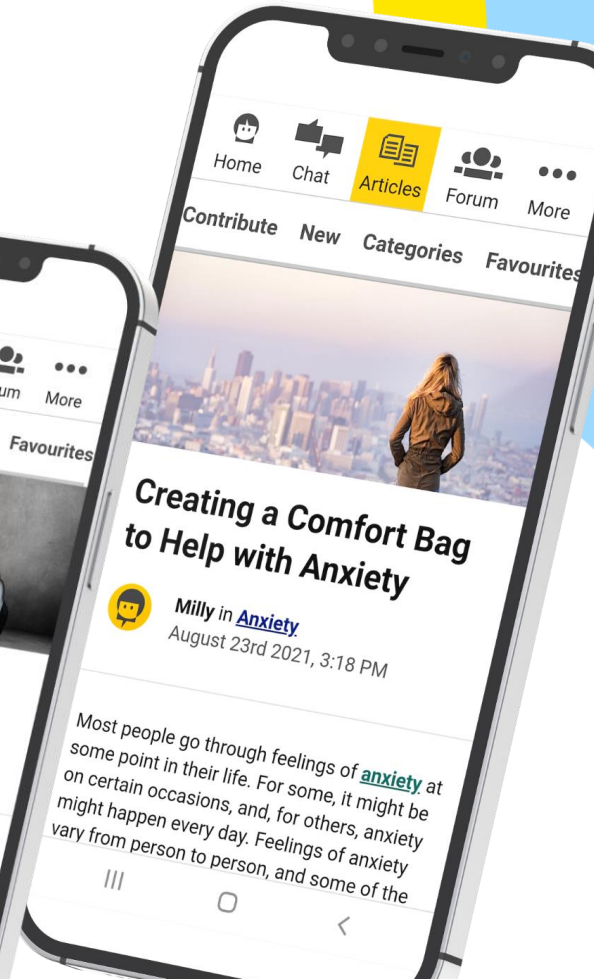
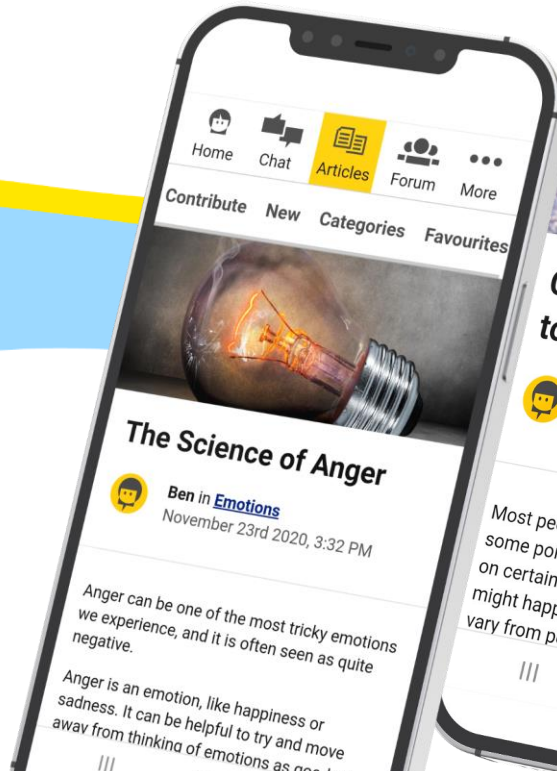




Choose from a range of
helpful articles written
by both young people and
our professional team

Article topics include:

- Personal stories
- Hobbies and interests
- Bullying
- General health and wellbeing
- Relationships
- Identity




You can trust us

95%

of our users
would recommend
Kooth to a friend


Urgent support
page if you need it:
Simply visit
**[kooth.com/
urgent-support](https://kooth.com/urgent-support)**

Our team are
**real people who
want to listen
and help.**
They're not bots



**“I feel safe to
explore my
feelings.”**

**“I’m more able
to manage low
periods in
my life.”**



**“I’ve never felt
pressured using
Kooth. I’m in full
control.”**

**“Kooth feels like
a family and I
can’t thank you
enough.”**



Finding us outside of **Kooth.com**

@kooth_uk

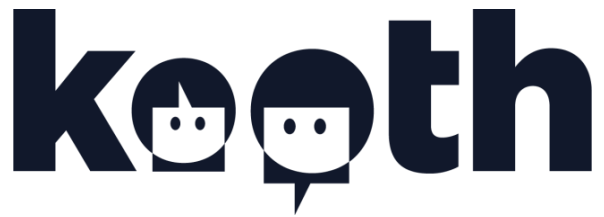


Kooth Podcast



Find us on Spotify and Apple Podcasts





Everyone needs support sometimes
- and if you do, **we are here.**

kooth.com

