



Kooth plc

020 3984 9337

koothplc.com

www.kooth.com

Kooth (www.kooth.com) is a free, online mental health and emotional wellbeing support service, available to young people in your area.

Kooth is a safe, online community that is accessible 24/7, 365 days of the year. Our service is accredited by the British Association of Counselling and Psychotherapy (BACP). We are commissioned by the NHS to provide access to chat sessions with counsellors and emotional wellbeing practitioners. All our chat sessions are text-based conversations that take place on the Kooth website, and last up to an hour. Chat is available from 12pm - 10pm Monday to Friday, and 6pm - 10pm Saturday and Sunday. Kooth is accessible from any device that connects to wifi, allowing you to seek support at a suitable time and location.

There aren't any thresholds or criteria to meet, and no waiting lists. This means you can sign yourself up anonymously on Kooth.com at anytime. We might be the only means of mental health support you are receiving, or an additional means alongside whatever other support you might be receiving.

You can also engage in peer-to-peer support, as well as get involved with activities designed to improve emotional wellbeing and resilience. We allow you to share your experiences safely, as everything contributed to the articles, discussion boards and forums is thoroughly pre-moderated by the online team before it's published. That way we can guarantee there won't be any bullying or judgement – you also won't be allowed to share any personal details with other users. You can keep a mood-tracking journal, set and track goals and engage in live, moderated, text-based discussion forums with your peers (anonymously).

There is no such thing as a problem that is too big or too small at Kooth. Our team reflects all communities and identities, so no matter what issue you come to us with there is somebody at Kooth who can and will help.

London

5 Merchant Square, London

W2 1AY