



Kooth - support for children and young people

Kooth is an online mental health and wellbeing service for children and young people. Here are some things to remember about Kooth:

- **It's free to use**
- **You're completely anonymous**
- **No bullying or discrimination can take place**
- **You don't need any kind of referral to join**
- **Signing up and getting started only takes a few minutes**
- **Nothing is too big or small**

What you'll find on Kooth includes:

- **Live text-based chat sessions with a member Kooth's team**
- **Support from an online community of young people.**
- **A range of self-help tools and activities**
- **Helpful content written by other young people and the Kooth team**

To stay up to date with Kooth and find helpful information and tips, you can follow them on their Instagram here [@kooth_uk](https://www.instagram.com/kooth_uk)

How to join Kooth:

Whatever you're going through, you don't have to face it alone. You can sign up for free today, and talk to Kooth about anything, anonymously go.kooth.com/nYwZ