



## A digital mental health platform for young people, building mentally healthier, happier populations

What can young people access on Kooth?

### One-to-one professional help

Young people can chat with trained counsellors and mental health practitioners about anything on their minds.

### Self-guided learning

Youth-focused, clinically validated and moderated content. Young people can join communities of like-minded people to share feelings and offer support.

### Magazine

The Kooth magazine brings together personal stories, tips, and relevant news from young people and the Kooth team.

### A safe space

Young people can explore feelings through journaling, set personal goals, track progress, and try therapeutic mini-activities whenever needed.

Sign up for free at **Kooth.com**



**Whether I'm lost in a story  
or sharing my own on Kooth.**

There's always a place I belong.

**kooth.com**



#ChildrensMentalHealthWeek

**kooth**

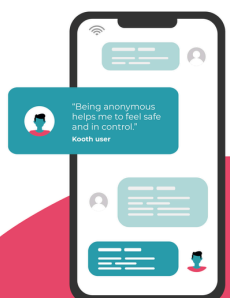
bacp Accredited Service

NHS Providing NHS services

**You can talk to us  
about anything,  
anonymously.**

Free mental wellbeing support for young people.

**kooth.com**



Visit the website at **www.Kooth.com**