



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.

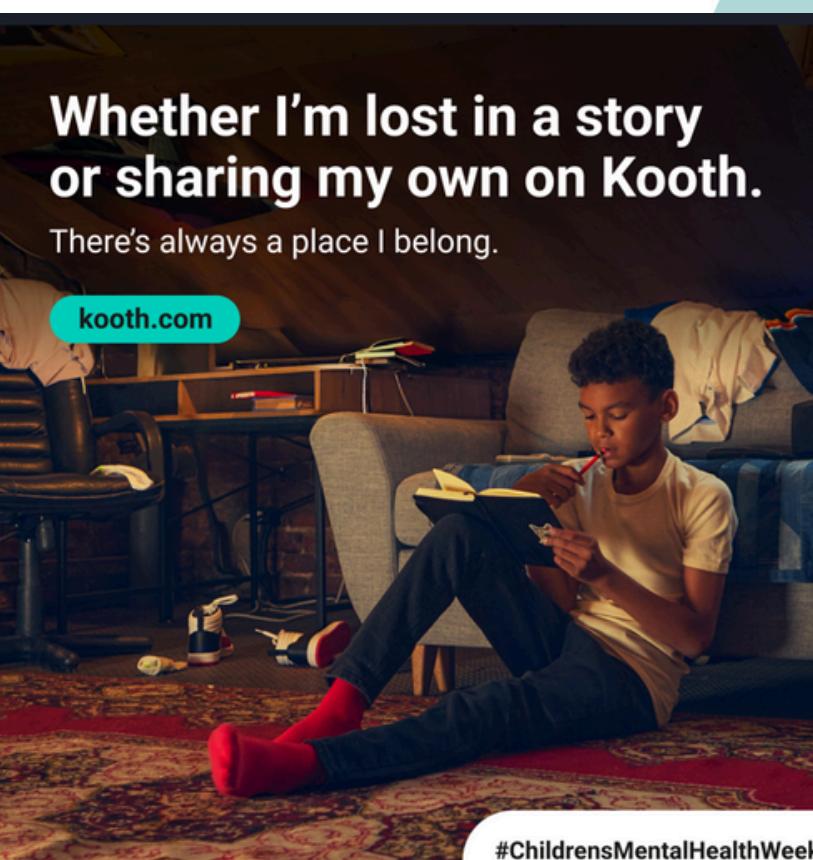
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#ChildrensMentalHealthWeek

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