



Kooth plc
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koothplc.com

www.Kooth.com

An online mental health and emotional wellbeing service is available to young people, aged 10-18, called Kooth (www.kooth.com).

Kooth is a free, safe, online emotional wellbeing community that is accessible 24/7, 365 days of the year. Our service is accredited by the British Association of Counselling and Psychotherapy, and is 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 through Friday, and 6pm - 10pm Saturday and Sunday. Kooth is accessible from any device that connects to wifi, allowing young people to seek support at a time and location that is suitable for them.

There aren't any thresholds or criteria to meet, and no waiting lists. This means ANY child or young person aged 10-18 can sign themselves up anonymously on Kooth.com, and utilise our community as an additional, or sole, means of mental health support.

Young people can also get peer-to-peer support, as well as get involved with activities designed to improve emotional wellbeing and resilience. We allow young people to share their experiences safely, as everything contributed to the community be that a comment, a magazine article or a discussion forum is thoroughly pre-moderated by the online team before it's published. That way we can guarantee there won't be any trolling, bullying or judgement – users also won't be allowed to share any personal details with each other. You can also keep a mood-tracking journal, set and track goals and engage in live text-based discussion forums with other users.

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

London

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