

Children and young people can access free, online mental health support 365 days a year



Chat with a professional counsellor



Read self-help articles



Join peer-to-peer forums

Want to talk to someone who will understand you?  
Are you looking for advice to help a friend?  
Kooth is here for you.



It's Really helped to feel like a weight has been lifted - Harry, 17

Through Kooth you can get **free, safe and anonymous** online counselling and support.

To sign-up today, go to [www.Kooth.com](http://www.Kooth.com)

- Click on the **Join Kooth** button located in the centre of the home page of the Kooth website
- Choose from the drop down box the location you are in  
The place I live is...  
Choose
- Click on the gender you identify with I am...  
Male Female  
Agender Gender Fluid
- Choose from the drop down box the ethnicity that best fits you  
My ethnicity is...  
Choose
- Add the month and year you were born  
I was born in...  
Year Month  
Choose Choose
- Create an anonymous username (not your real name) and secure password  
I would like this username  
My password will be
- Choose from the drop down box to explain where you found out about Kooth  
Where did you learn about Kooth?  
Choose
- Click on the **Create Account** button to complete your registration

**What does "Anonymous" mean?** It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

**What does Kooth Offer?** Through Kooth you can have a text-based conversation with a qualified counsellor. Counsellors are available from **12noon - 10pm on weekdays and 6pm - 10 pm on weekends**, every day of the year, no need to book, just click on the "chat now" button and get talking!

**We understand that you might not feel ready to talk to someone about how you feel; there are lots of forums and articles you can either read, or contribute to on the website too!**

There are thousands of young people like you logging into Kooth everyday, it can be nice to know that you are not alone, so check out **Kooth.com** today!

For more information check out this video!  
<https://vimeo.com/318731977/a9f32c87de>

Log on through mobile, laptop and tablet.