



### Safety is our Priority

Our service adheres to a strict safeguarding policy. Nothing is posted on our site without it being approved by one of our team first. We host live forums which are moderated in real-time. Comments, articles, forum posts and more are pre-moderated by our experienced safeguarding team.

### Complete Privacy

Kooth operates as an anonymous service and is easy to access.

want to find out more? contact:

[parents@xenzone.com](mailto:parents@xenzone.com)

screenshots in this booklet have been altered to protect the identity of our users.



### young people

aged 11-25 have access to safe and anonymous support from our established mental health platform, which is free at the point of need.

**Kooth provides advice on the go - we're by their side when they need it most.**

Live counselling

Articles & peer advice

Real-time moderated forums

Self help tools



### Available on Any Device

Kooth is available to anyone with an internet connection, without the need to download any apps or software.

### Kooth is Accredited

Kooth is accredited by the BACP\* and a trusted delivery partner of the NHS. All our online team are qualified counsellors or experienced Emotional Wellbeing Practitioners.

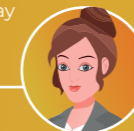
\*British Association of Counselling and Psychotherapy



### NHS COMMISSIONER

"Kooth forms a key part of our focus on early intervention and prevention. The service provides help to young people with emotional wellbeing and mental health concerns at the earliest opportunity, reducing the escalation of need. The service is clearly valued by children and young people in our area and quarterly case studies evidence the excellent outcomes for those interacting with the service. Kooth provides a safe, non-judgemental, therapeutic space for our young people."

"We've been impressed with the take-up of Kooth, which shows us how important a digital component to mental health support is. We look forward to working with Kooth to support more students in our care and to seeing a continued positive step- change in the way support is sought and delivered."



### UNIVERSITY COMMISSIONER



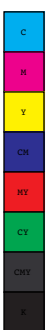
"I've held up my thoughts and feelings for almost two years now, and it feels good to let them out to someone."


Thank you for talking to me. Thank you for everything."

~Kooth User




kooth







The UK's Leading Digital Mental Health and Wellbeing Platform for Children and Young People

Information for Parents & Professionals



Online Since 2004





info.kooth.com

https://www.kooth.com/member


HOW DO YOU FEEL TODAY?

Log your feelings every day so you can see your progress. This information is not publicly visible, but counsellors can see it.



Share a reason?

SUBMIT



Managing my Anxiety

pretton4 in Anxiety  
January 27th 2019, 8:34 pm

I wrote a poem all about my anxiety and v found to manage it. I hope it helps someone who

https://www.kooth.com/member

Categories New Live Start new discussion

New Forums Peer-to-Peer support

Life Difficulties  
tinyperson1238  
January 28th 2019, 11:02 am 13 replies

my friend is moving  
lovenaturexo  
January 28th 2019, 11:01 am 23 replies

EXAM STRESS!  
shadow43  
January 28th 2019, 10:06 am 18 replies

my parents are fighting  
bluemoon8  
January 28th 2019, 9:23 am 31 replies

revision stress please help  
ellyloo  
January 27th 2019, 8:47 pm 11 replies

Break Ups  
anon54768  
January 27th 2019, 6:22 pm

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Goals Self-identified outcome measures

ADD A NEW GOAL

YOUR GOALS	SCORE
Get out of the house more	7 - +
Drink more water	0 - +
Visit the doctor	0 - +
Keep a journal	0 - +
Read Kooth Magazine	0 - +
Keep a good sleep schedule	0 - +
More Family Time	0 - +
Meditate for 30 mins	6 - +
Go for a walk/run	1 - +

https://www.kooth.com/member

Chat with William

Good evening, I'm William. How are you feeling today?

Not great today to be honest... I have an exam tomorrow and I don't think I can go in and take it :(

Live Chat

The Kooth platform enables its users to access real-time mental health support from a team of Professional Counsellors and Emotional Wellbeing Practitioners