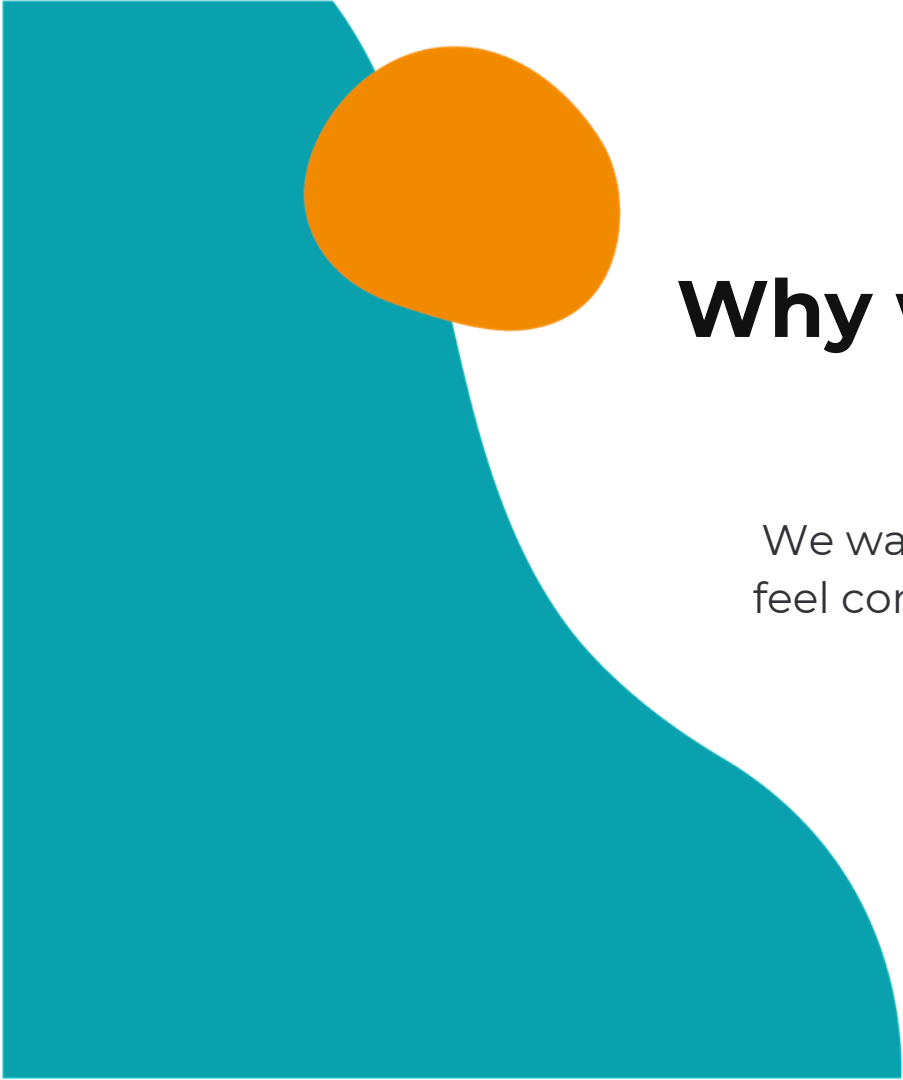


Free, safe, anonymous and
online mental health support

kooth.com





Why we're here today

We want to promote safe spaces for **everyone** to feel comfortable to talk about how they're feeling, and understand how places like Kooth can support



Mental health is how we
think, feel and act in response to
things that happen to us in life

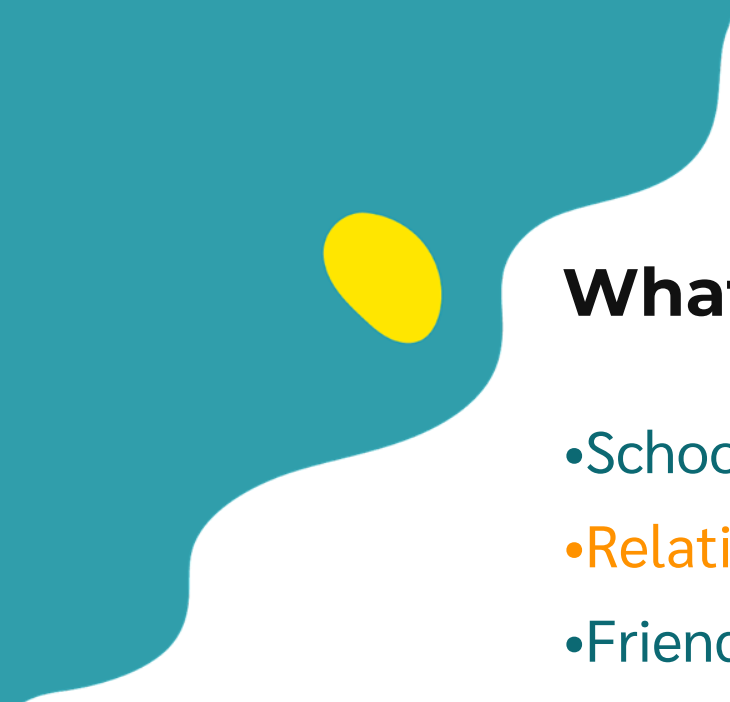
Mental health can range from good
to poor

Have you ever:

- had a headache?
- broken a bone?
- had a toothache?
- injured yourself?

Just like physical health, everybody has mental health and we need to take care of ourselves



A decorative graphic in the top-left corner consisting of a teal shape with a yellow oval cutout.

What can affect our mental health?

- School/ College
- Relationships
- Friendships
- Family
- Past experiences
- Social media
- Popularity/ fitting in
- Stress/ pressure
- Feeling isolated
- Gender/ Sexuality
- Bereavement
- ‘Banter’

A decorative graphic in the top-left corner consisting of a teal-colored shape with a yellow oval inside it.

We asked young people
what prevents them
from talking about their
mental health...

Here's what was shared with us...

'I don't want
to appear
weak'

'I'm nervous
about the
consequences'

'I'm unsure how
to express my
emotions'

'I'm fearful I'd
be judged'

'I'm too
embarrassed'

'I find it hard to
trust others'

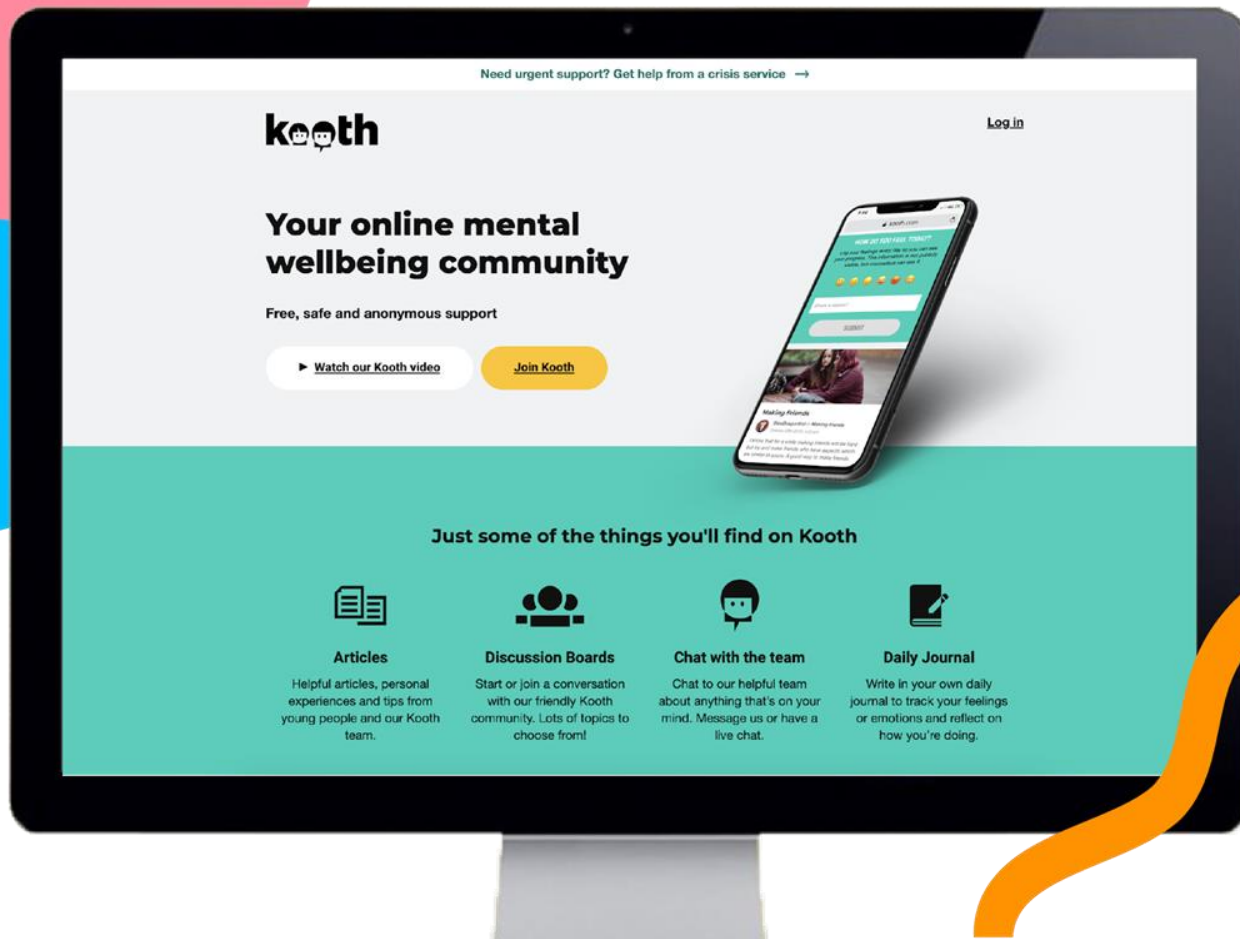
'I feel too
nervous'

A little bit about ...



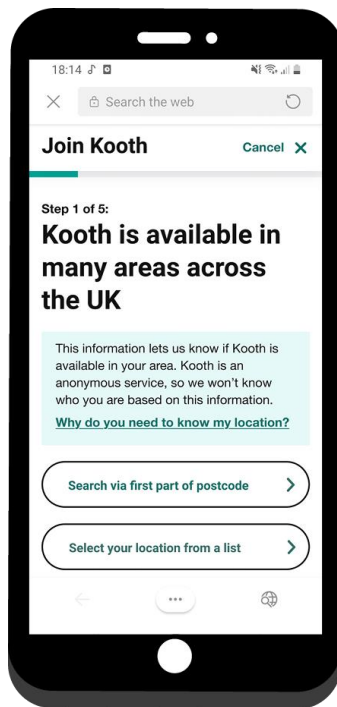
Your online mental
wellbeing community

Click on the
'Join Kooth'
button to
get started



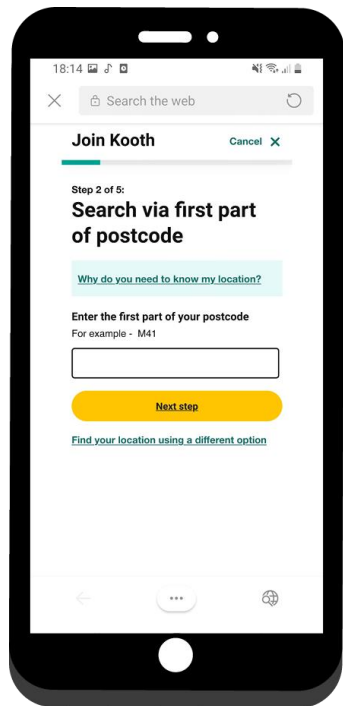


1. Select **Join Kooth**.

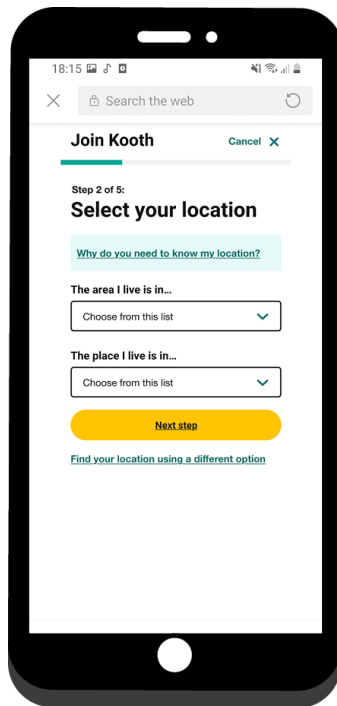


2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**



OR



3. Enter the first part of your postcode.

4. Choose your area from the dropdown.

18:14

Search the web

Join Kooth Cancel

Step 3 of 5:
When were you born?

Kooth is only available to a certain age range

Year

Choose from this list

Month

Choose from this list

Next step

5. Select your month and year of birth.

14:18

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Gender

My gender is best described as

Male Female

Non-binary

Other - self disclosed

Prefer not to say

Ethnicity

My ethnicity most closely matches

Choose from this list

Next step

6. Select your gender and ethnicity.

18:15

Search the web

Join Kooth Cancel

Step 5 of 5:
Pick a username and password

Make sure you remember your username and password. It's the only way to access your account.

To protect your anonymity don't use real name, your date of birth or your username from another site or service.

Username

Please do not use special symbols

7. Create an **anonymous (not your real name)** username and secure password.

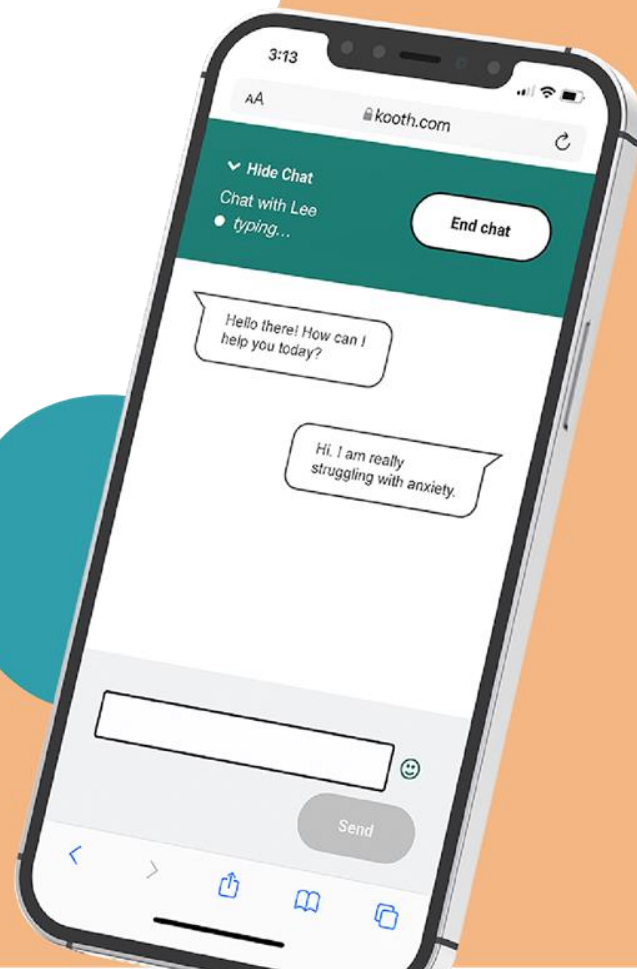
kooth

Your first chat session

You can usually get help on the same day you need it

When you first come to chat, we will:

- Listen to you
- Explore your current difficulties and what's brought you to Kooth
- Think together about the best way to support you

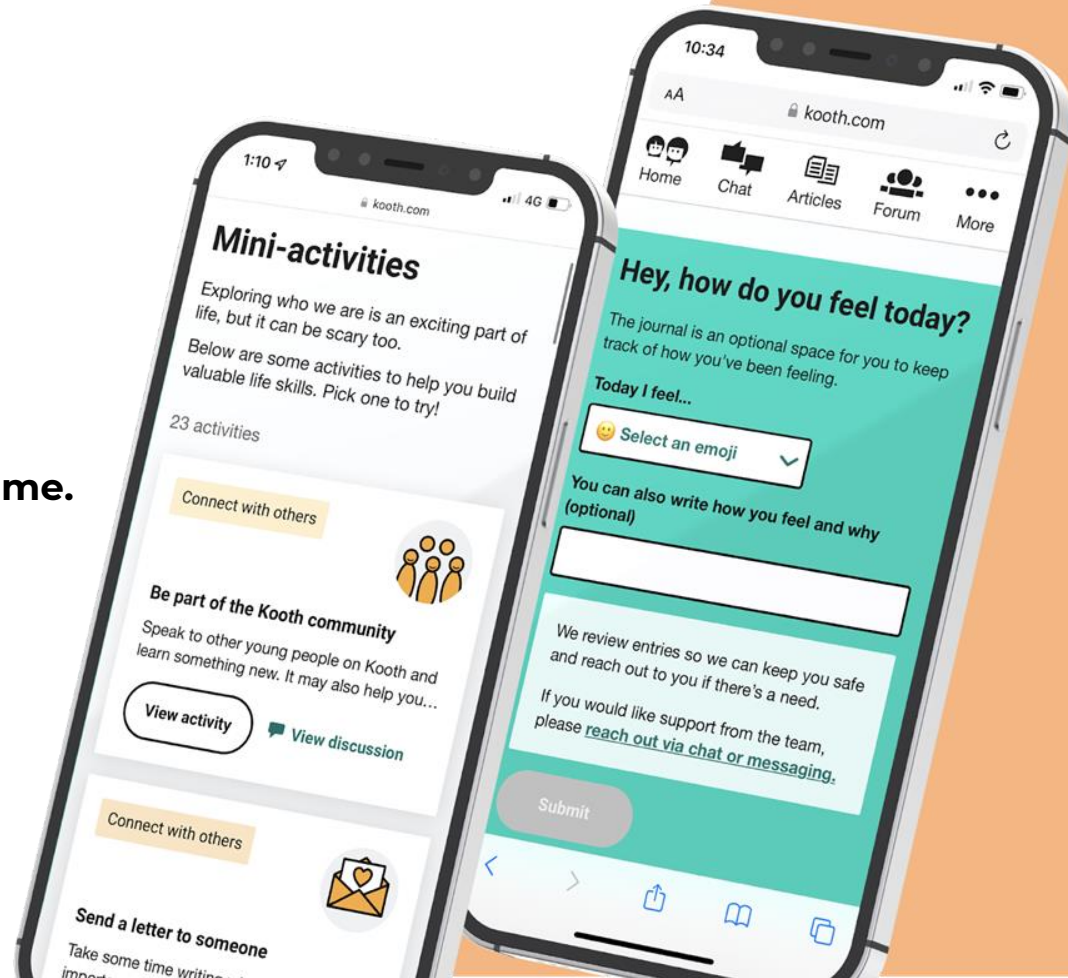


A range of **self-help tools** all in one place

You can use these tools at any time.

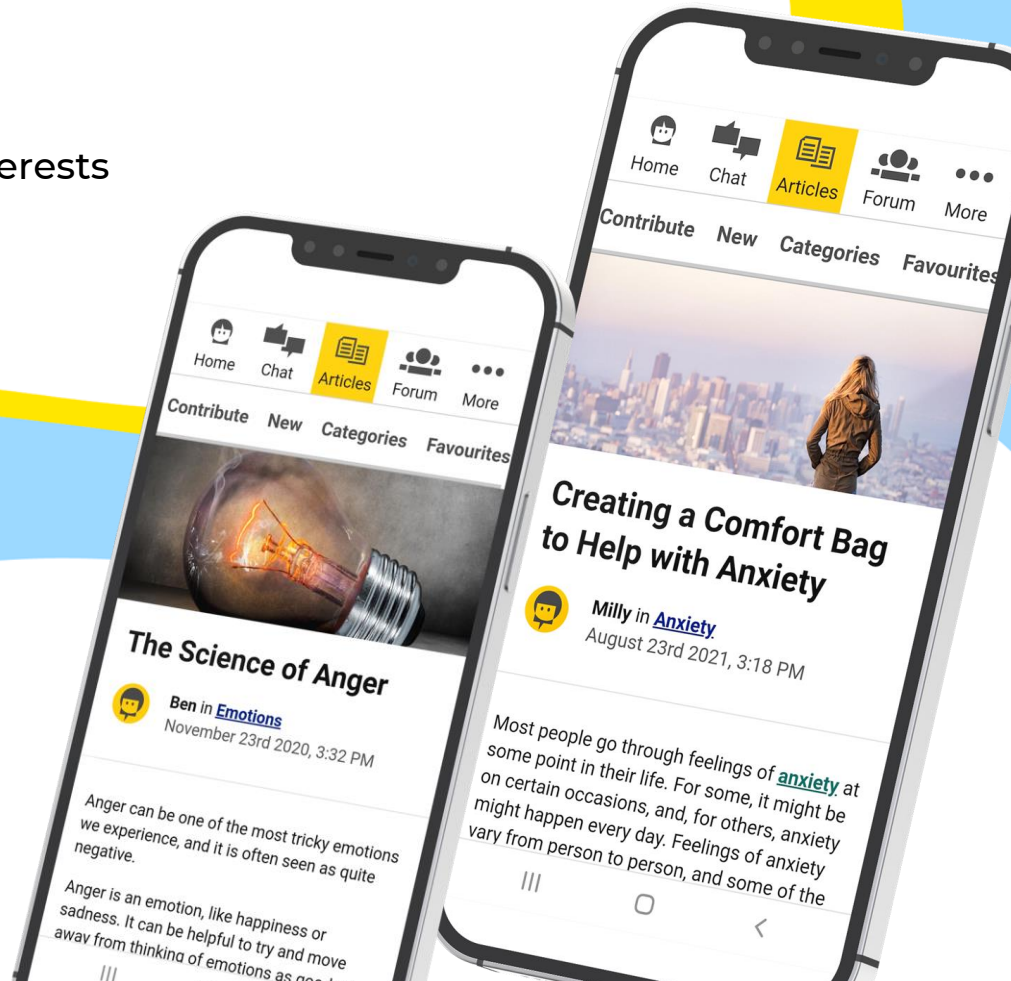
Options include:

- Wellbeing mini activity hub
- Journal space
- Goal setting
- Discussion boards
- Live forums



Article topics include:

- Personal stories
- Bullying
- Relationships
- Identity
- Education
- Hobbies and interests
- General health and wellbeing



You can trust us

95%

of our users
would
recommend
Kooth to a friend

Join over 1 million
young people who
have logged into
Kooth.com

Our team are
**real people who
want to listen
and help.**



Our team are
here for you
365 days a year

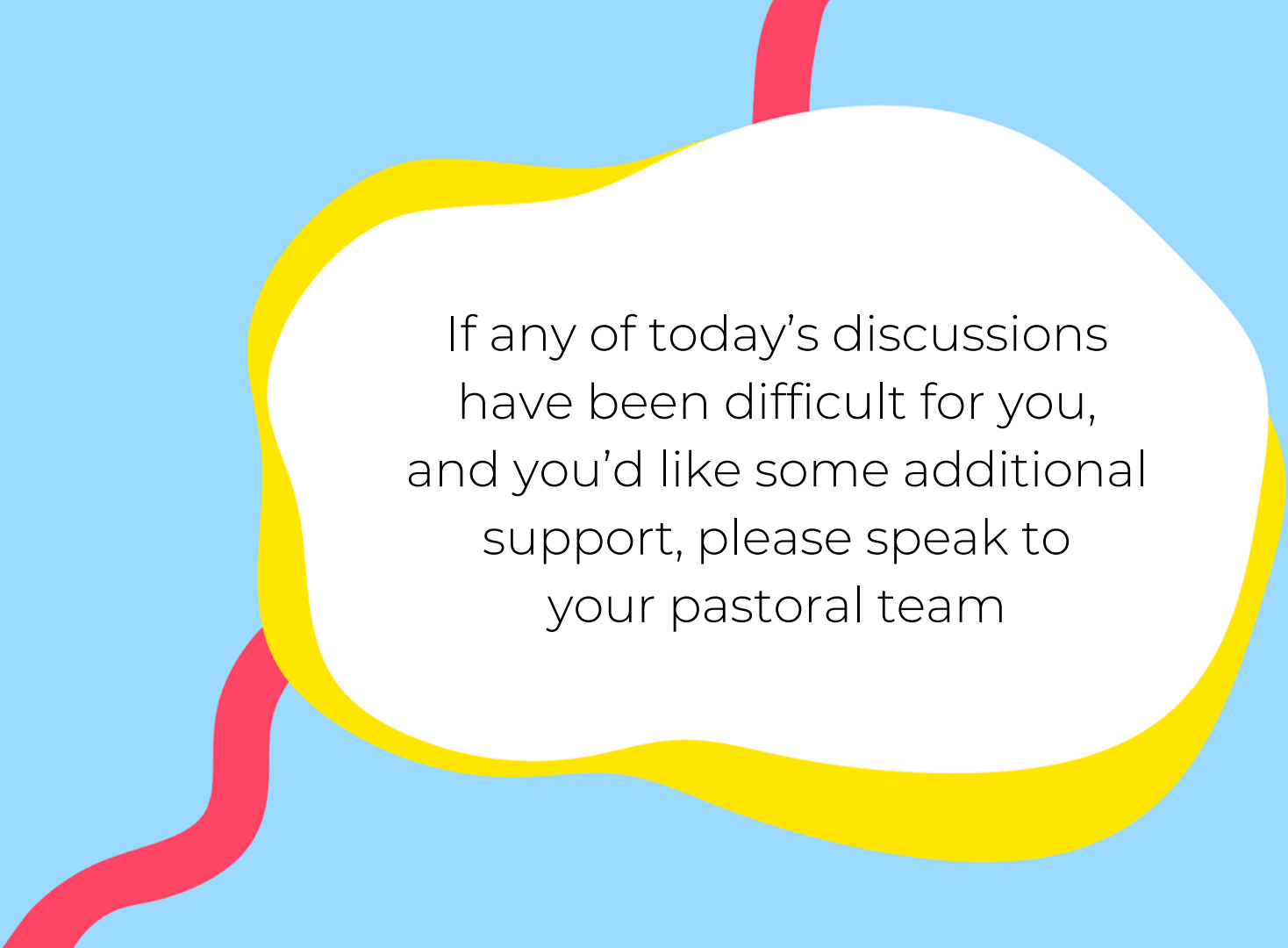
You can chat with us
during the following hours:

Monday - Friday
12pm - 10pm
Saturday and Sunday
6pm - 10pm

Tips:

- **It's ok to ask for help** - it can be really difficult to manage your mental health, so you don't have to do it alone
- **Try to move or be active each day** - being active and doing gentle movement each day can help improve your wellbeing
- **Focus on what you're good at** - build on your strengths to boost your confidence and self-esteem
- **Find helpful ways to experience, express and manage your emotions** - you could try some Kooth mini-activities to help develop helpful habits and valuable life skills





If any of today's discussions
have been difficult for you,
and you'd like some additional
support, please speak to
your pastoral team

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Everyone needs support sometimes -
and if you do, **we're here**



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