kooth

Relate to the stories of over 400,000 others in our **safe, anonymous and supportive community**

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Sign up for free at **Kooth.com**

Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.

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Sign up for free at **Kooth.com**

Feel like you could use some emotional support?

No problem is too small at Kooth. Explore our mental wellbeing community for free, safe and anonymous support.

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Free online counselling support for young people!
Discover everything Kooth has to offer

Free Counselling

Discussion Boards

Journal

Kooth Magazine

Help Articles

Self-Help Tools

Sign up for free at **Kooth.com**

How to sign up to Kooth.

Kooth is a FREE, anonymous, confidential, safe, online wellbeing service, offering professional support, information, and forums for young people.

Access to counsellors, 365 days a year - who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop** and **tablet.**

Now that you are in you can click on the icons at the top of the page to choose from articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on:
 "Chat now button"

To write a message to the team, click on:
"message the team"

www.kooth.com

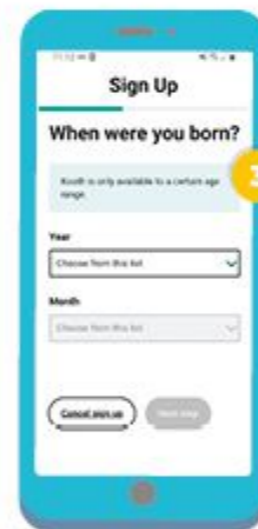**1** Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website

2 Choose from the drop down boxes, the **area** and **location** you live in

3 Select the **year** and **month** you were born

4 Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you
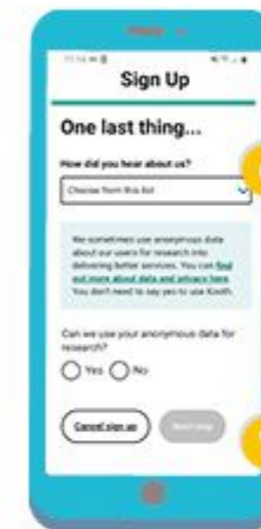
5 Create an **anonymous username** (not your real name) and *secure password*

6 Choose from the drop down box to explain where you found out about **Kooth**

7 Select **Next step** to complete your registration