



# Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

## Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

## Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

## Discussion boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

## Daily journal and goal setting

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

## Mini activity hub

Select from a growing menu of fun, therapeutic and useful activities.



## How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the **'Join Kooth'** button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

## Where to find us



[kooth.com](https://kooth.com)



[@Kooth\\_UK](https://www.instagram.com/Kooth_UK)



[Kooth\\_UK & Kooth Podcast](https://open.spotify.com/show/Kooth_UK)



[Kooth-Podcast](https://www.kooth.com/podcast)