


kooth

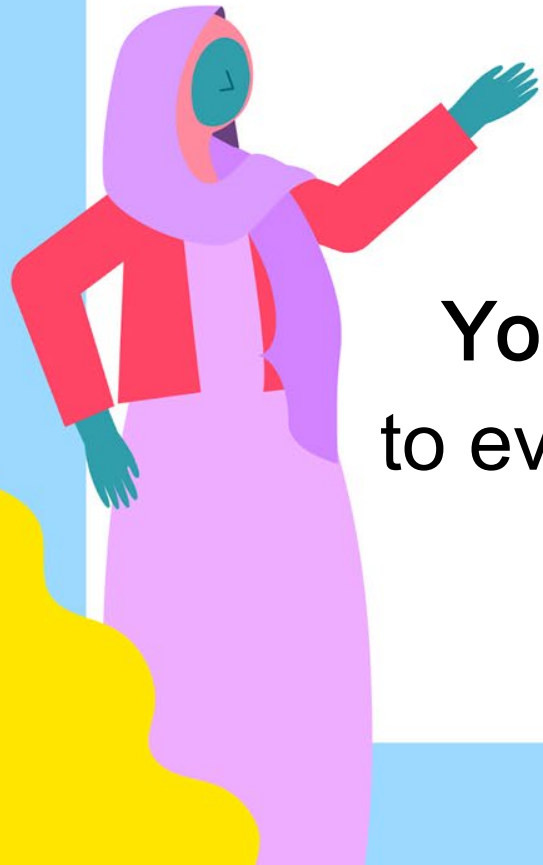
Your online mental
wellbeing community

kooth.com

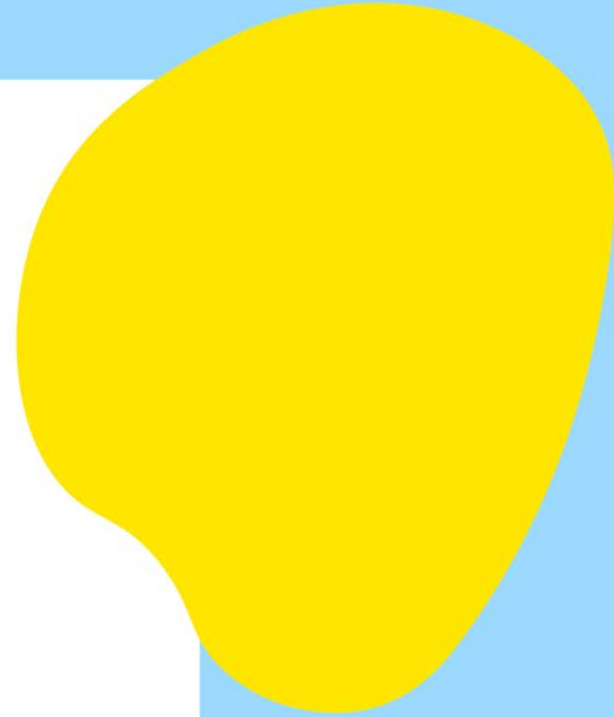




Here are some
things we'd like
you to **always**
remember about
Kooth ...



**You're anonymous
to everyone on Kooth.**



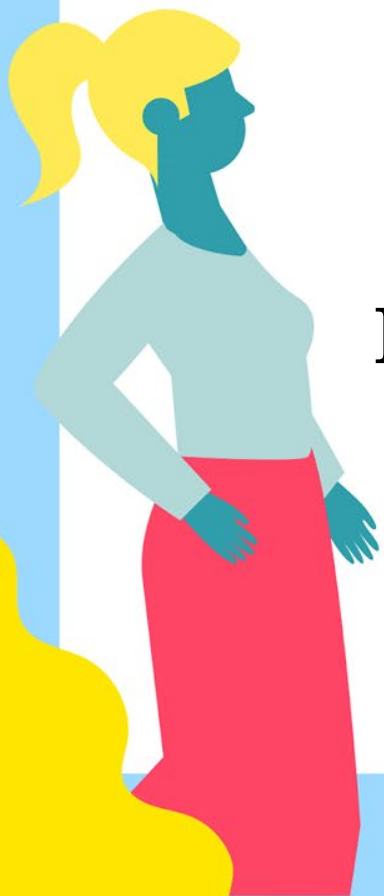
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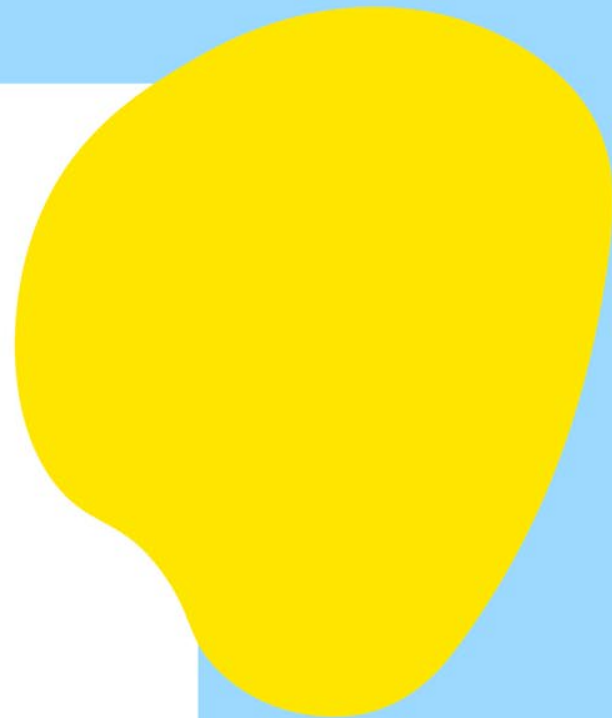
You don't need to be
referred by anyone.

You can **sign up anytime.**





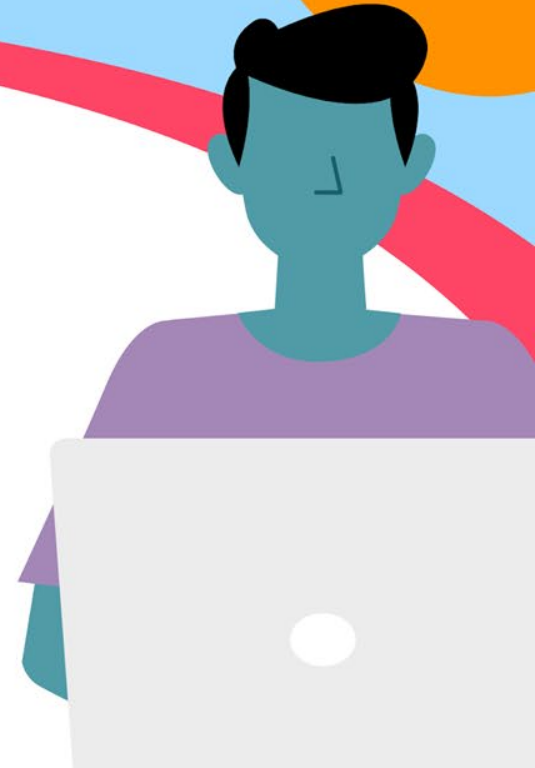
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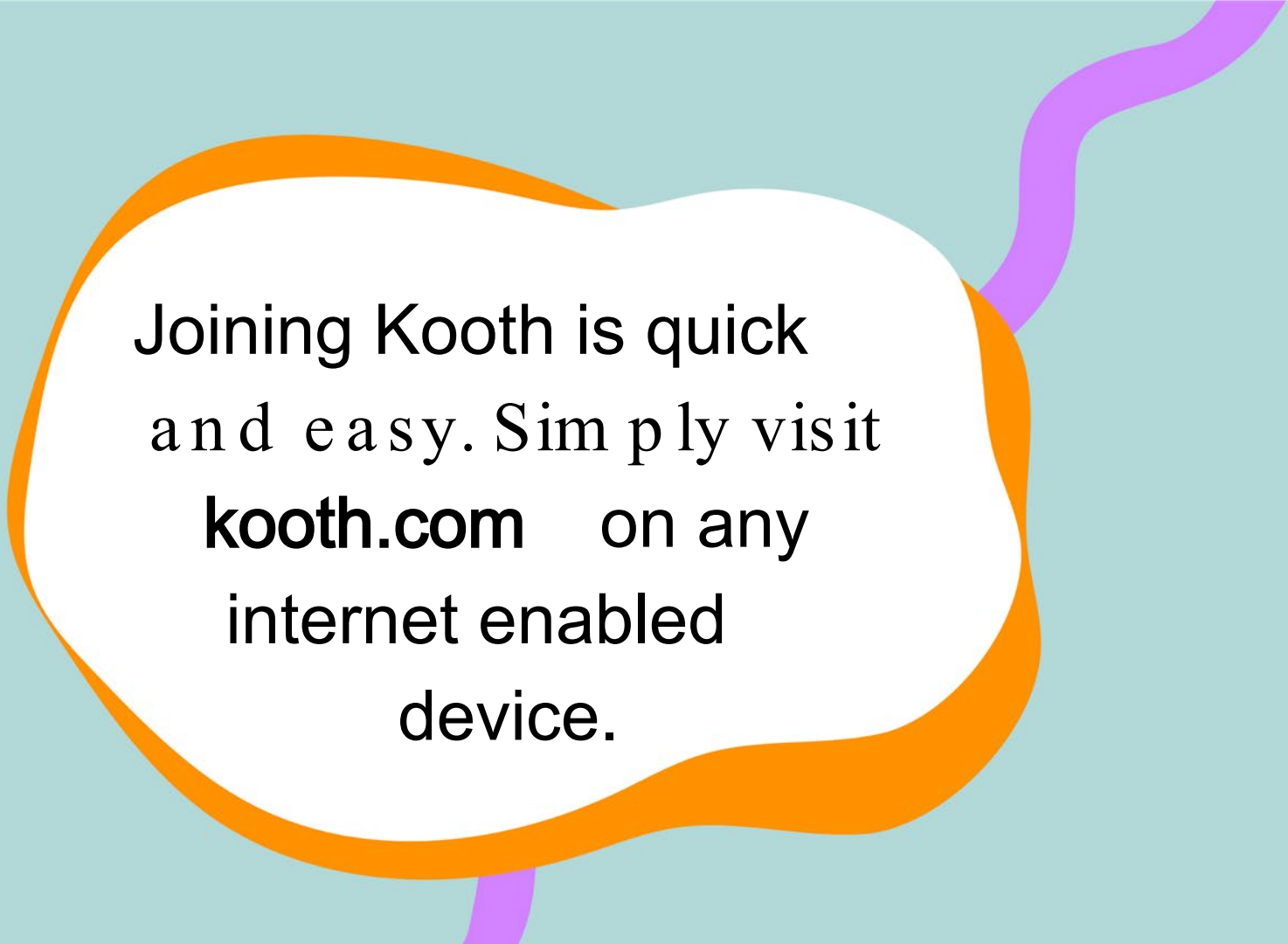


No problem is ever too small at Kooth

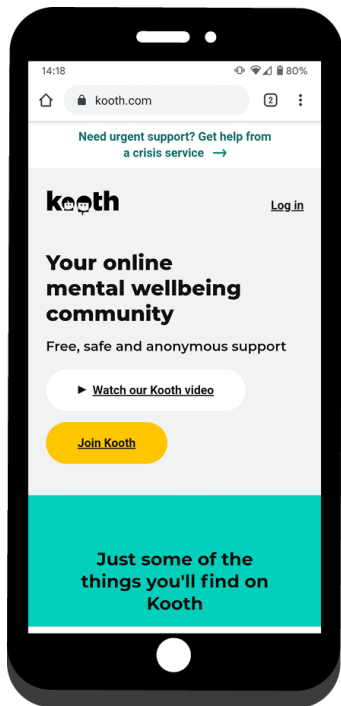
If it's on your mind, we're here to help. Some of the feelings or difficulties we can support you with could include:

- Stress
- Anxiety
- Friendships
- Life at home
- Exam or coursework pressures
- Eating difficulties
- Loneliness
- Low mood
- Body image concerns
- Anger
- Confidence
- Big changes
- Social media

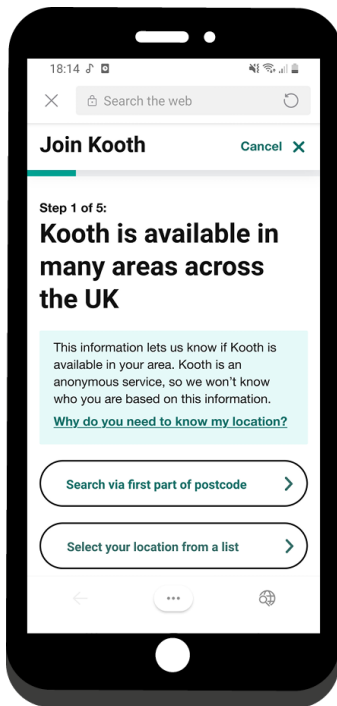




Joining Kooth is quick
and easy. Simply visit
kooth.com on any
internet enabled
device.

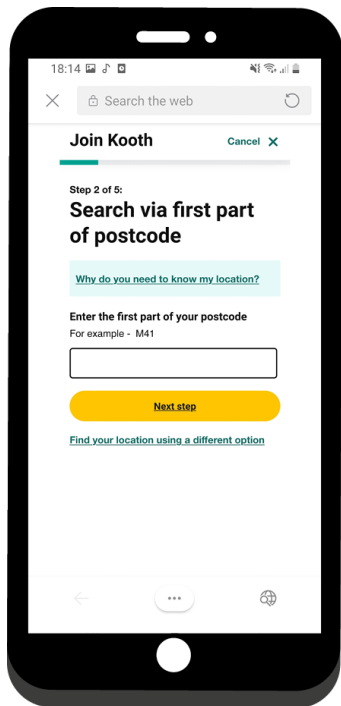


1. Select **Join Kooth** .



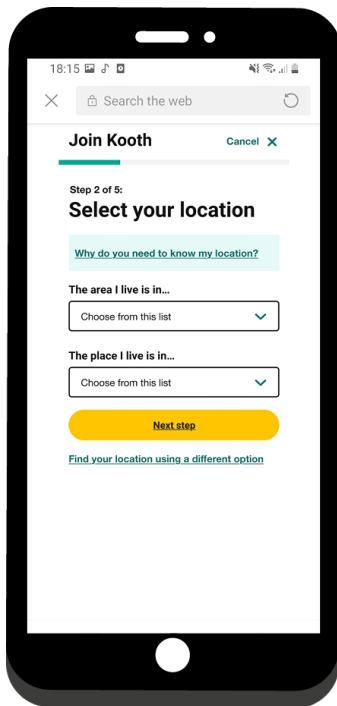
2. Sign up by postcode or select your location from our dropdown list.

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3. Enter the first part of your postcode.

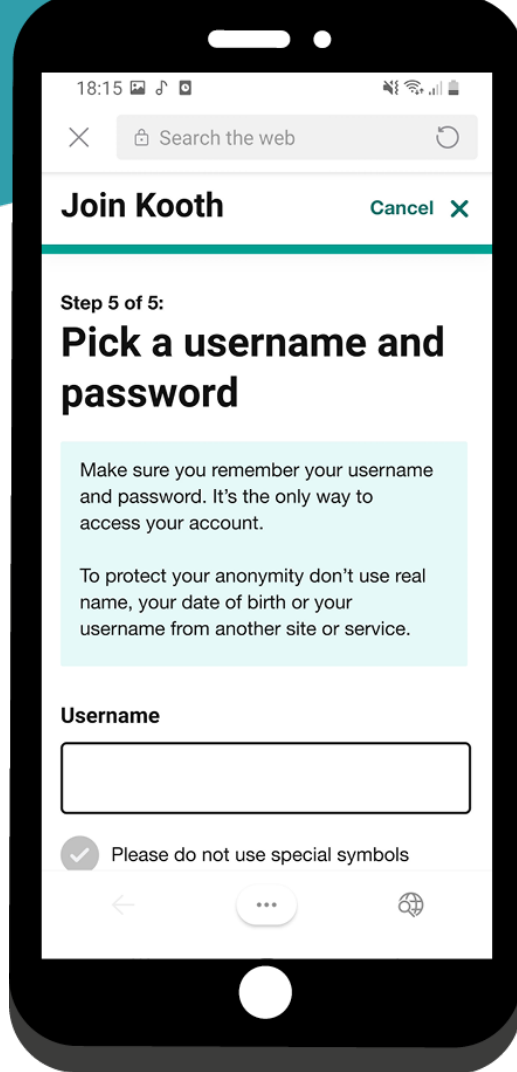
OR



4. Choose your area from the dropdown.



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



DO NOT USE:

- Name of your school
- Name of your local area
- Social media handle
- Gamertag
- Nickname

TRY USING:

- Favourite food
- Favourite colour
- Favourite animal
- Favourite season
- Random numbers: e.g. 589

Step 6 of 6

One last thing...

How did you hear about us?

Choose from this list



We sometimes use anonymous data about our users for research into delivering better services. You can [find out more about data and privacy here](#). You don't need to say yes to use Kooth.

Can we use your anonymous data for research?

Yes No

Next step

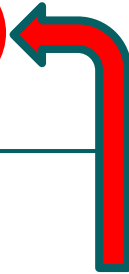
Hey Kooth user, we would like to ask you some questions about yourself so we can better support you.

If you don't have time to do this now, don't worry! You don't have to answer these questions to use Kooth. The information might be shared with counsellors, otherwise it's just for the Kooth team to see how things are going.

We'll ask you again each time you login, until the 6th March, unless you click skip three times in a row.

[Get started](#)

[Skip for now](#)

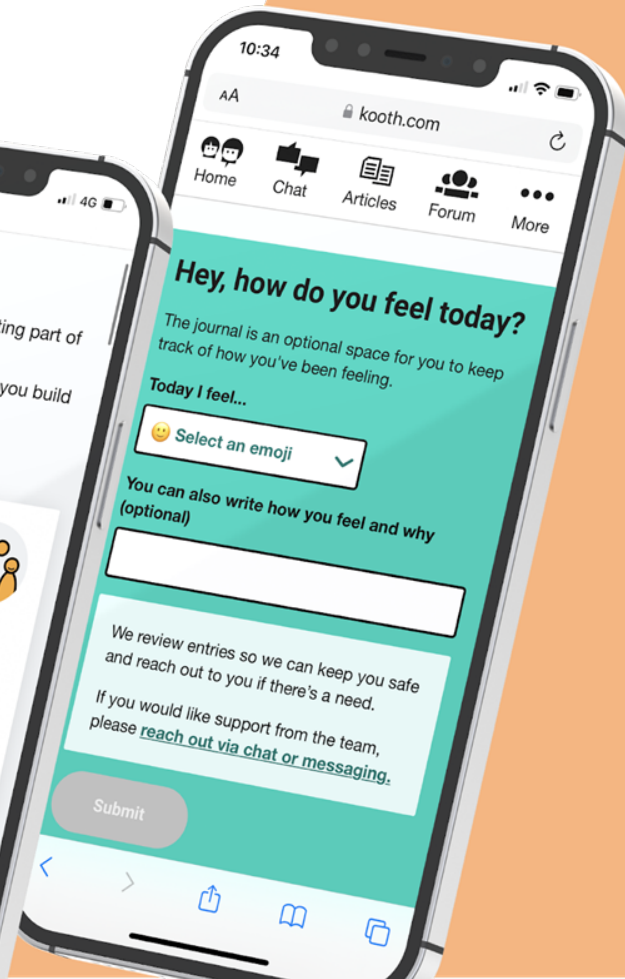
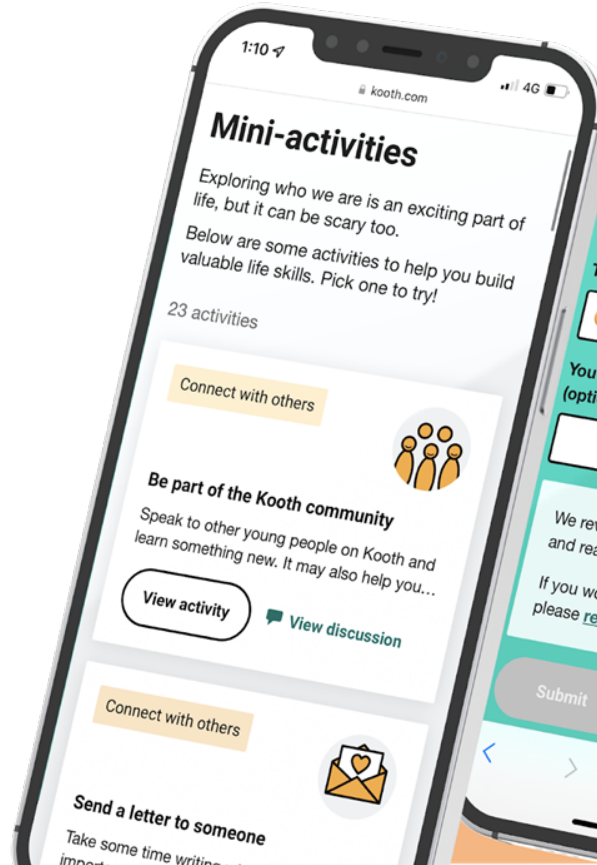


Please press 'Skip for now'

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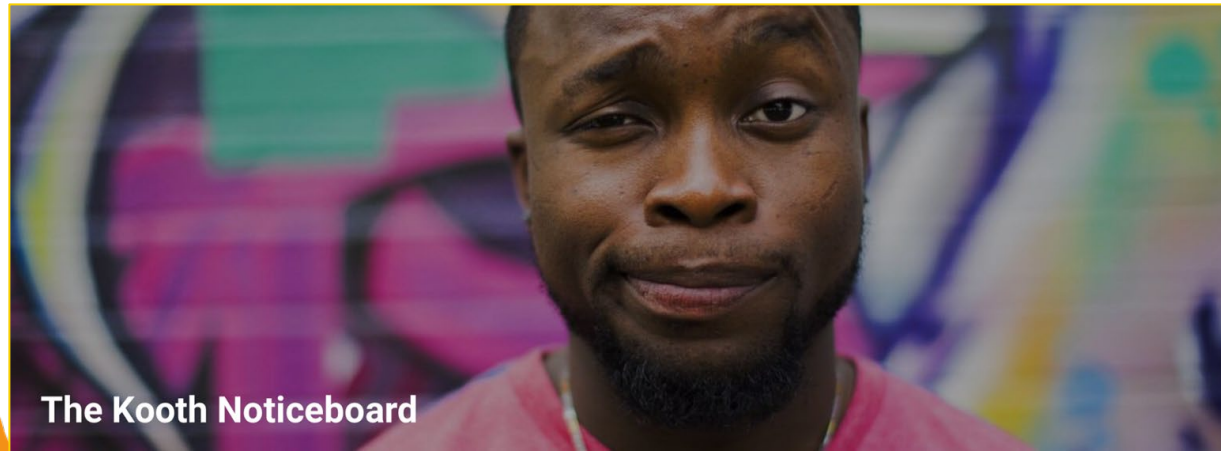
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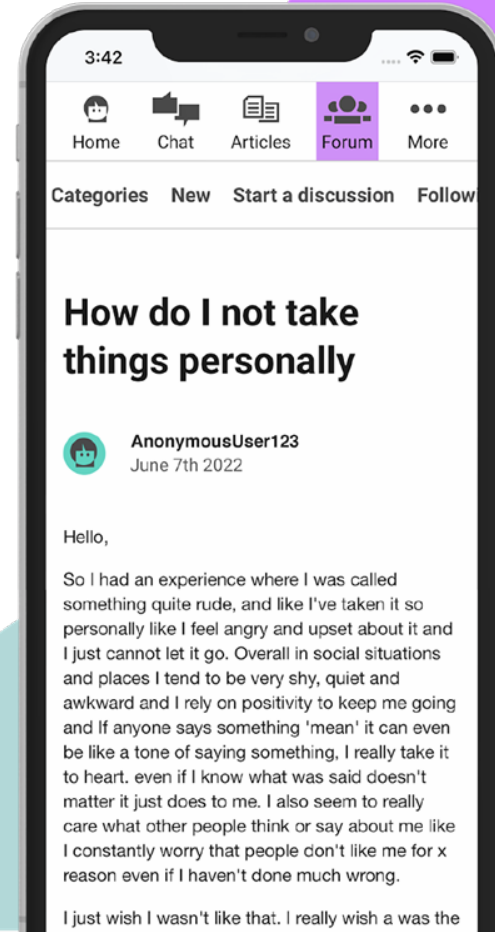
Noticeboard

*Find out what live forum topics
are coming up this month*



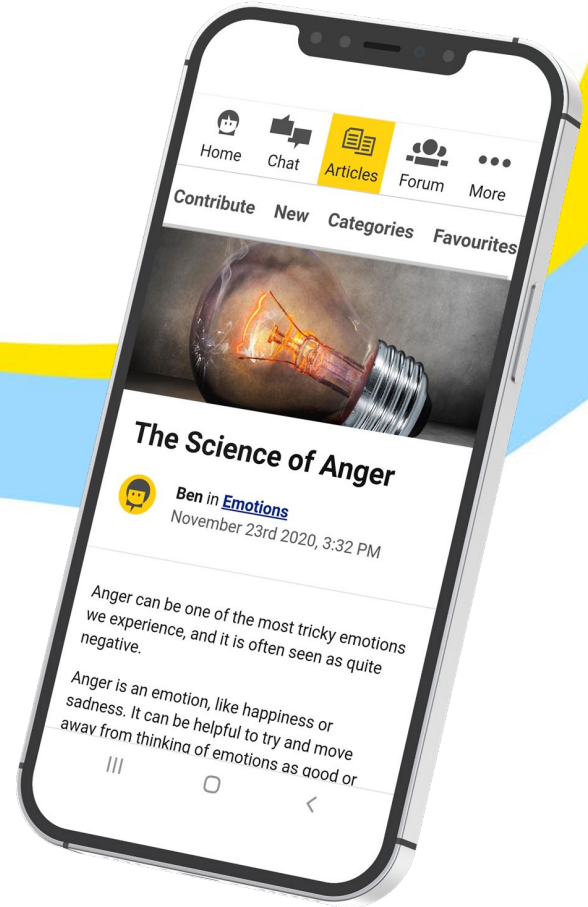
Find a discussion board that talks about....

- ❑ Education
- ❑ Sleep
- ❑ Film, TV & Music



Find a magazine article
that talks about....

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Check out the Mini -activities hub

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Manage emotions



Practice the art of mindful observation

Taking some time to observe an object could help you focus on the here and now, while...

[View activity](#)

[View discussion](#)

Helpful habits



Create a self care calendar

Make plans that are all about you! Take some time for yourself by putting self care at the...

[View activity](#)

[View discussion](#)



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Everyone needs support sometimes
- and if you do, **we are here.**

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