



For ages: **11-25**

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



**Magazine**

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



**Discussion Boards**

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



**Chat**

Young people can chat with our helpful team about anything that's on their mind



**Daily Journal**

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



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