



For ages: 11-25

Kooth provides **free counselling** and is a supportive online community

Here are some of the features you can access on Kooth:

- Magazine** | The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards** | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat** | Chat with our helpful team about anything that's on your mind
- Daily Journal** | Use your daily journal to track feelings or emotions and reflect on how you're doing
- Wellbeing Activities** | Find activities that support your wellbeing and help to build valuable life skills



Sign up for free at kooth.com



North West London Collaboration of Clinical Commissioning Groups

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.

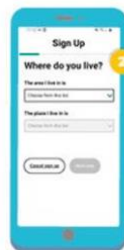
To talk to a counsellor click on: **"Chat now button"**

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

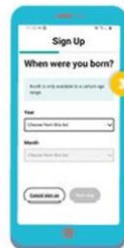
www.kooth.com



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



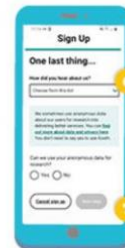
3 Select the **year** and **month** you were born



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



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