

# kooth

Free, safe, anonymous and  
online mental health support

**kooth.com**

**NHS**

Providing NHS services



# Our team are here 365 days a year

Users can live chat with us during the following hours:

Monday - Friday  
12pm - 10pm  
Saturday and Sunday  
6pm - 10pm



## Professional support

## Self-directed support

## Community support

Live text-based chat

Send a message to our team

Helpful articles

Activities

Journal space and Goal Setting

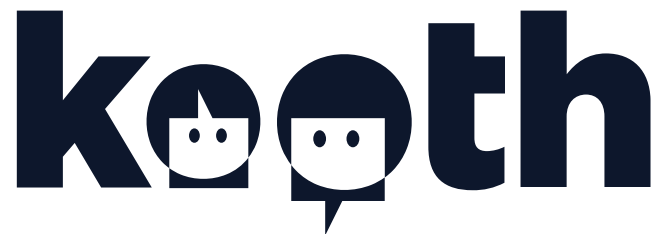
Discussion boards

Live forums

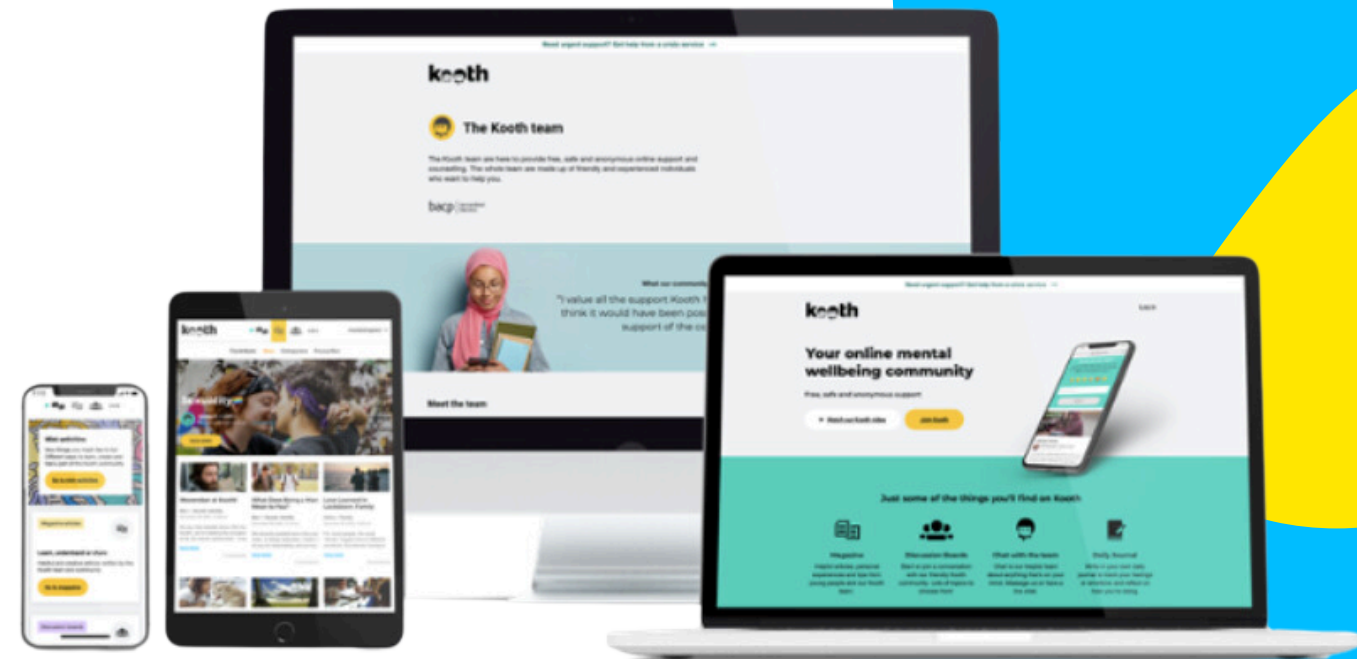
We provide immediate support

No referral is needed,  
there's no waiting list or threshold to meet

Free, 24/7 365 days a year  
12pm -10pm, weekdays  
6pm - 10pm, weekends



Note: There could be an hour's wait to get a 1-1 chat, and possibly longer during busy periods.  
Chats with a practitioner are not 24/7



# KoothKlass: Mental Health & Kooth Awareness Assemblies for North East London Students

Reserve a spot for a customized well-being assembly led by your local engagement lead. Students will have the opportunity to learn about the support provided on Kooth.



Providing NHS services

30 minute virtual sessions with multiple dates available each month!

SCAN ME!



OR



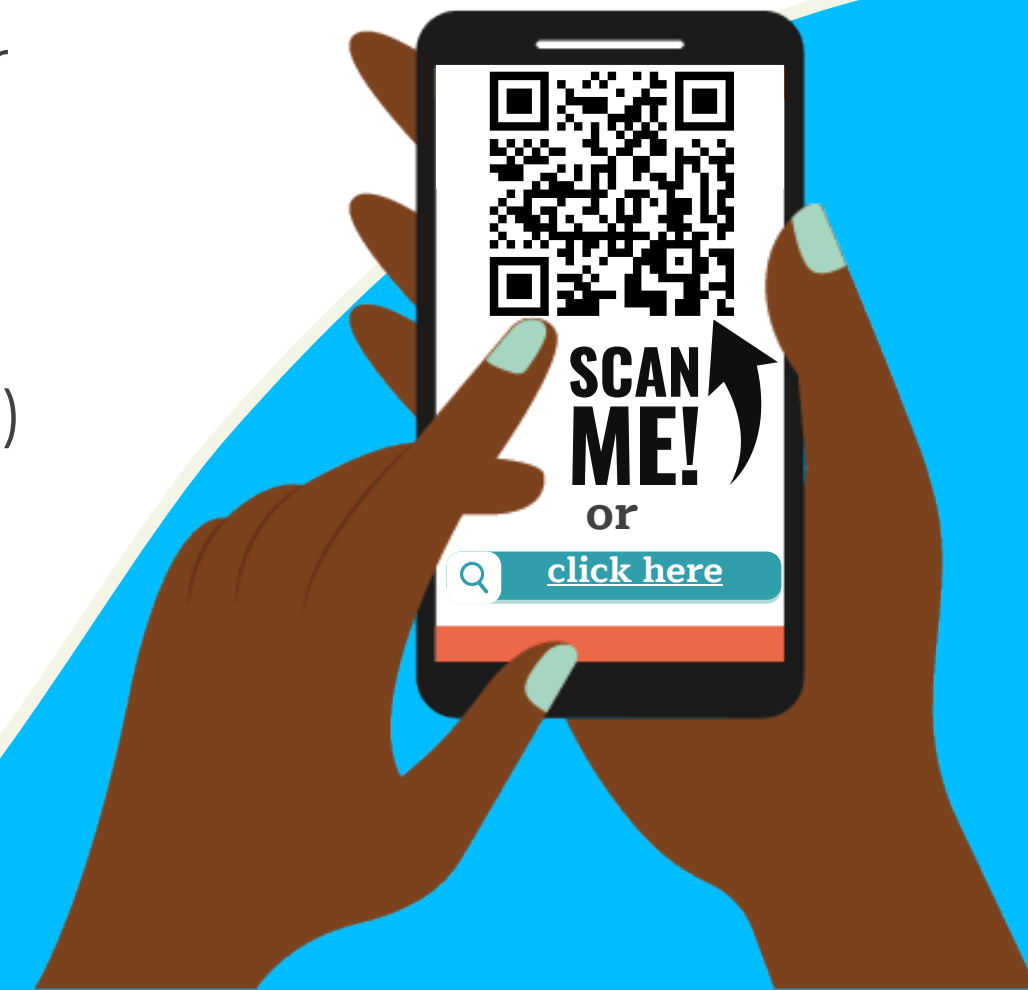
[click here to sign-up](#)

# kooth Wellbeing Assemblies

Kooth provides a local engagement lead that can offer a range of resources and sessions in your local areas.

This can include the following:-

- Kooth & Mental Health Awareness Assemblies for all year groups in schools & colleges
- Staff Training Sessions
  - including Safeguarding & Kooth website tour
- Digital & Physical Resources (inc. cards, leaflets & posters)
  - Explore at [explore.kooth.com](https://www.explore.kooth.com)
  - Digital guides at [promote.kooth.com](https://www.promote.kooth.com)



Want to collaborate  
with **TikTok stars**  
and **shape the  
future** of youth  
mental health?



Enter Kooth's competition to win a place on the **Kooth Future Council**.

**Flex your creative skills** and **champion wellbeing**, whilst gaining real-world experiences to help you stand out from the crowd on your future college application, UCAS form or CV.



Find out how to enter here

**kooth**

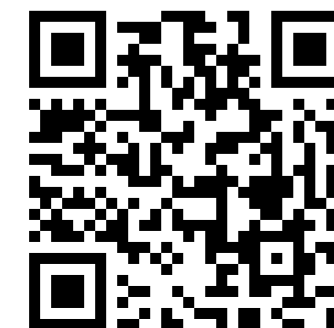
## The competition!

**Enter now** and you could be joining us for an incredible opportunity to meet social media talent and build your technical, creative and teamwork skills.

**Create and share a video, photograph, piece of artwork or creative writing that answers the question:**  
**'How do you overcome negative emotions?'**

The competition is open to all 15 - 18 years olds, whatever your creative ability.

To find out more & enter visit  
[kooth.com/future-council](https://kooth.com/future-council)



SCAN HERE

# Upcoming KoothTalks Families

## October Sessions

Helping your child to stay safe when using their new smartphone

## November Sessions

How Kooth meets the needs of SEND/ASN/ALN & Neurodivergent young people

## December Sessions

For Parents and Carers about Emotionally Based School Avoidance (EBSA)

SCAN  
ME



## Webinars Linktree

Live webinars, assemblies and training sessions for all

[MORE INFO](#)



Providing NHS services

**bacp** | Accredited Service

# Koothtalks X Papyrus: Suicide Prevention and Awareness

Learn more and join our webinar on:

Wednesday, 6 November at 11:00am – 12:00pm

SCAN ME



**kooth** x

**PAPYRUS**

Join Zoom Meeting: <https://kooth.zoom.us/j/84864215116>



# Additional Digital Resources

## Explore Kooth

Visit [explore.kooth.com](https://explore.kooth.com) for articles & campaigns

## Digital Starter Pack

Free digital guides for young people & adults

## Webinars & Training

Live webinars, assemblies and training sessions for all

## Kooth Future Council

UK students aged 15-18 can enter our new campaign

## Get in touch

Request resources, sessions or bookings [here](#)