



**Our team is still here
to provide mental
wellbeing support over
the holiday period.**

Chat Availability Dates and Times

Thursday 23/12/21
12pm - 10:00pm

Monday 27/12/21
4pm - 8:00pm

Friday 31/12/21
12pm - 6:00pm

Friday 24/12/21
12pm - 8:00pm

Tuesday 28/12/21
4pm - 8:00pm

Saturday 1/01/22
4pm - 8:00pm

Saturday 25/12/21
4pm - 8:00pm

Wednesday 29/12/21
12pm - 10:00pm

Sunday 2/01/22
6pm - 10:00pm

Sunday 26/12/21
6pm - 10:00pm

Thursday 30/12/21
12pm - 10:00pm

Monday 3/01/22
4pm - 8:00pm

Find support today by visiting **kooth.com**



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



[@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)