



Want someone to understand or advice to help a friend?

We're here for you.

Kooth.com is a free, online counselling and emotional wellbeing platform for young people in Liverpool* aged 10 to 25.

The Kooth website allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their wellbeing. From friendship or relationship issues, family disagreements or difficult home lives, to concerns around eating, anxiety, stress, depression, self harm, suicidal thoughts etc.

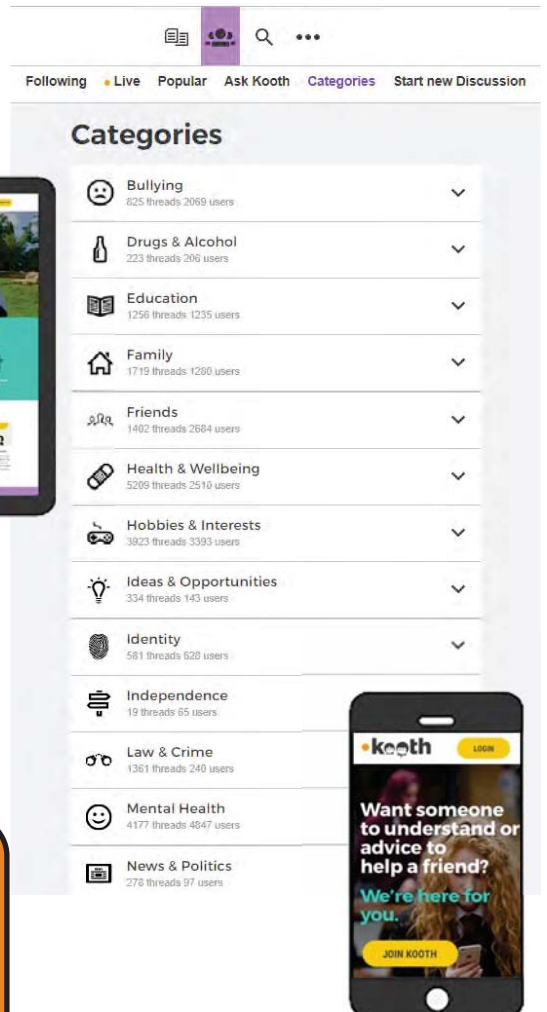
Our qualified counsellors are here to give young people the support they need, when they need it. Kooth.com's live chat service is available from Monday to Friday 12 noon - 10pm, Saturdays and Sundays 6pm - 10pm and is accessible through mobile, tablet and desktop, completely free of charge.

As well as being able to talk to our counsellors, at Kooth.com you can also connect with other young people in monitored forums or get self-help through our online magazine. The large variety of forum categories allows young people to anonymously share their issues and receive positive messages of advice and support from young people across the country. As our forum posts are all checked before they go live on the site we can guarantee every young person a safe and helpful experience.

"Thank you so much for supporting me and messaging me. It really does mean a lot because you are the first person really who has actually made me feel like someone cares and someone will always be there. Thanks"
Kooth user

For more information or to access Kooth, just go to Kooth.com

Professionals can contact liverpool@xenzone.com to speak to their local Kooth worker.



"You have helped me so much. Thank you. I can never thank you enough. I am happier than I have been in months maybe years."
Kooth user

"You have turned my life around, you have no idea of the difference you make"
Kooth user

"It was so easy to talk about things. I feel like I can completely be myself and be true without being judged."
Kooth user

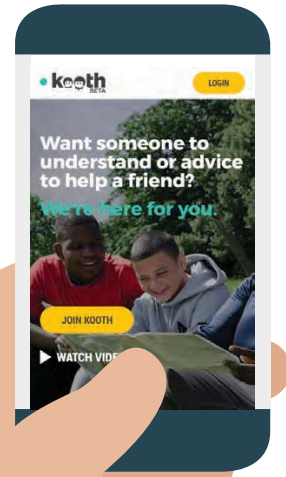
*Kooth.com is available in other areas in the UK

How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Log on through mobile, laptop and tablet.



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 box the location you are in

The place I live is...

Choose

3 Click on the gender you identify with I am...

Male

Female

Agender

Gender Fluid

4 Choose from the drop down box the ethnicity that best fits you

My ethnicity is...

Choose

5 Add the month and year you were born

I was born in...

Year

Month

Choose

Choose

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

I would like this username

My password will be

7 Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose

8 Click on the **Create Account** button to complete your registration

Now that you are in you can click on the icons at the top of the page to choose from the 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 the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team".

www.kooth.com