kooth

Scan to get started or visit: kooth.com

It can be hard to know what to do when you have something on your mind. That's why Kooth is here. We are totally free and anonymous — and we're here whenever you need us. Go to kooth.com whenever you're worried, feeling low — or just need someone to listen.

Feeling worried?
Text chat with our team. They're here to support you with whatever you're going through. We won't ask for your name or address and you don't need a referral from your doctor.

Feeling alone?
Use our forums and discussion boards to get advice, find people who feel the same – and to help others. You can also share your experiences anytime by submitting a poem or article.

Feeling unsure?
It may help you to write your feelings down, or to set a personal goal. At Kooth, you can set goals and use an online journal whenever you choose.

Feeling lost?
We have a tonne of helpful podcasts, videos and articles on all kinds of topics, from self harm, anxiety and depression to coming out, relationships and self care.

Free to use

No doctor's referral needed

We're a BACP* accredited service

Live text chats with our team from midday to 10pm on weekdays and from 6pm to 10pm at weekends.

Start here
kooth.com: free access to support today.

bacp | Accredited Service

*BACP stands for British Association for Counselling and Psychotherapy. We're an accredited service, and our practitioners are either BACP accredited or working towards it. **You're in safe hands.**


kooth
Free. Safe. Anonymous.
Kooth is an online Mental Health platform for young people. Need to talk? Chat to our friendly counsellors.
Articles & Advice
Live Chat
Live Forums
https://kooth.com
go!
available in your area
Kooth offers advice on the go.
We're by your side when you need us most.
for ages 11 - 25


kooth
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JOURNAL
SELF-HELP TOOLS
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