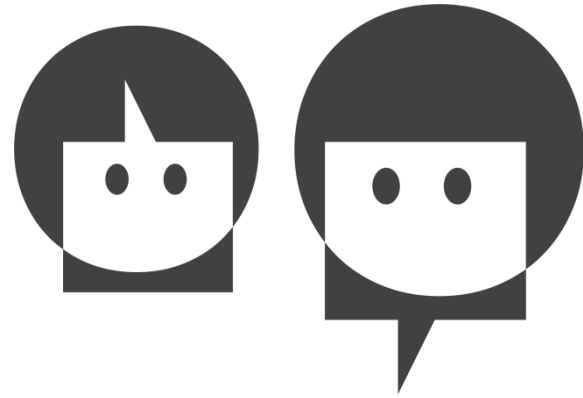


www.kooth.com

You may have problems

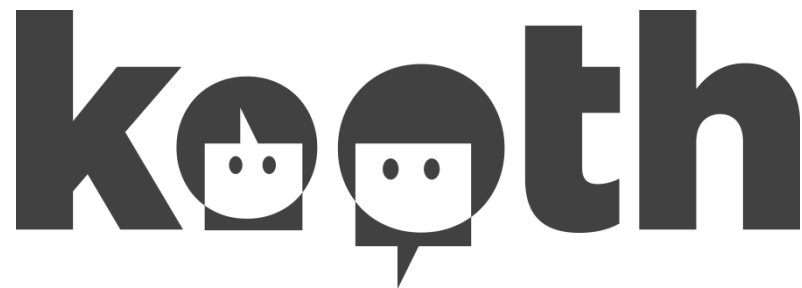
- At home
- At school
- With friends
- With relationships
- With bullies
- If you feel low and depressed



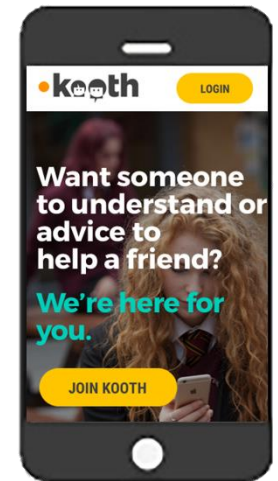
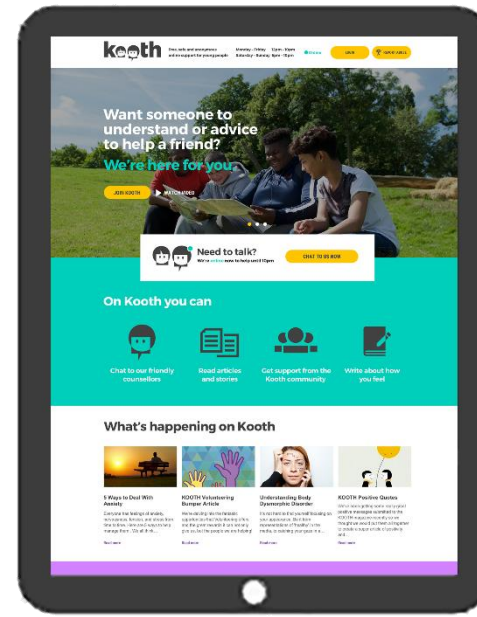
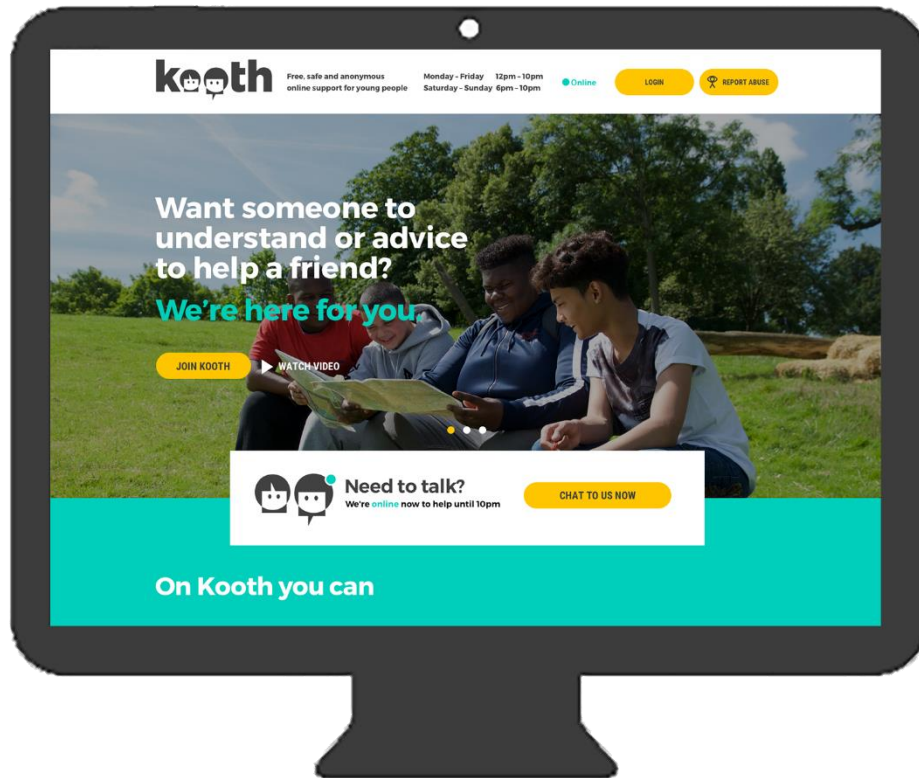
You can talk to us about anything

Kooth isn't just counselling

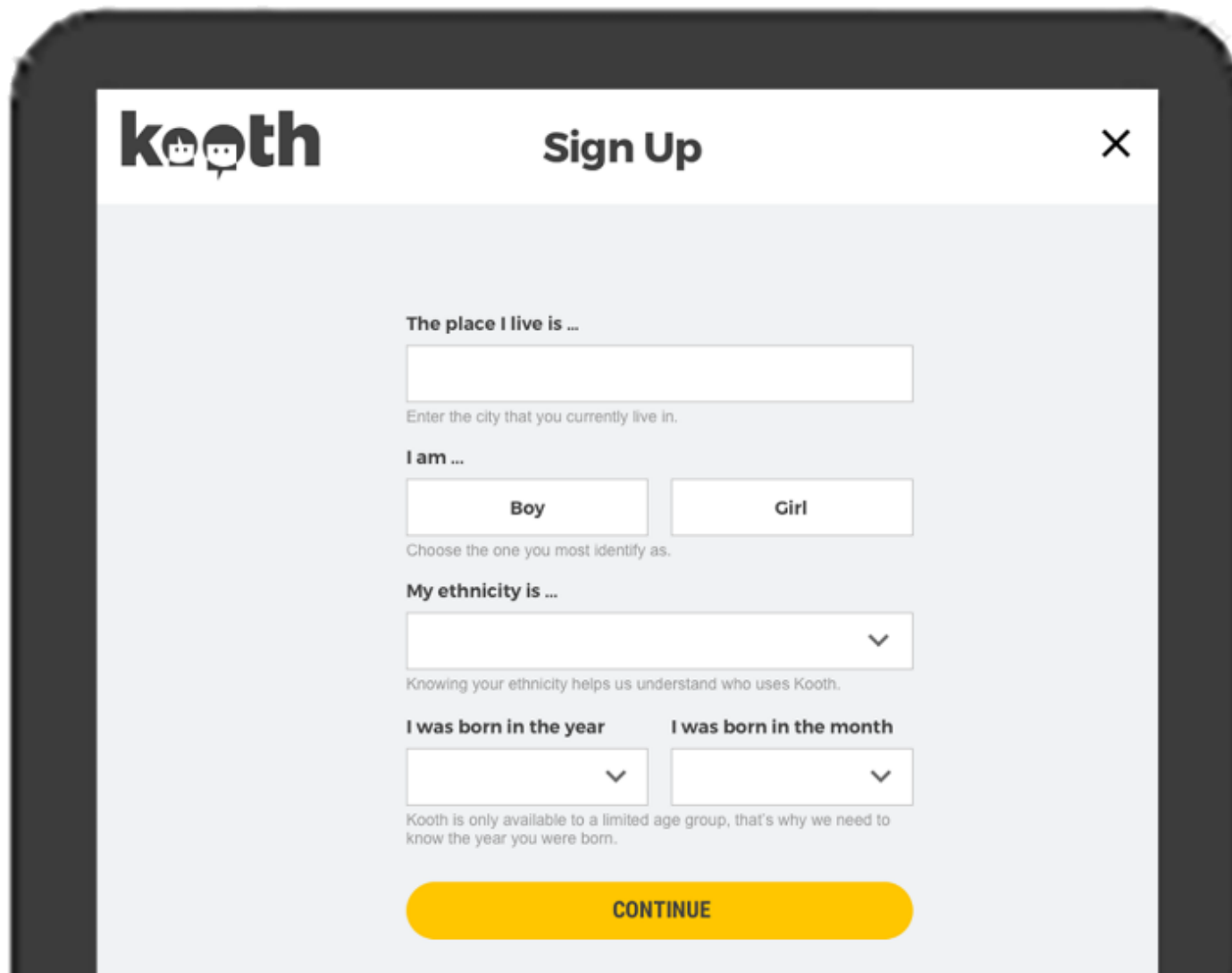
- Forums
- Self-help tools
- Messaging
- Articles
- Online games, blogs and more



Step 1: Sign Up



Tell us some information about yourself

A screenshot of a mobile app's sign-up screen for Kooth. The screen is framed by a dark grey border. At the top, the Kooth logo is on the left, 'Sign Up' is in the center, and a close button (X) is on the right. The main content area is light grey and contains several form fields. The first field is for 'The place I live is ...' with a text input box and a hint 'Enter the city that you currently live in.' Below this is a gender selection section with 'I am ...' and two buttons: 'Boy' and 'Girl', with a hint 'Choose the one you most identify as.' Next is an ethnicity selection section with 'My ethnicity is ...' and a dropdown menu, with a hint 'Knowing your ethnicity helps us understand who uses Kooth.' The final section is for age, with 'I was born in the year' and 'I was born in the month' each having a dropdown menu, and a hint 'Kooth is only available to a limited age group, that's why we need to know the year you were born.' At the bottom is a large yellow 'CONTINUE' button.

kooth Sign Up X

The place I live is ...

Enter the city that you currently live in.

I am ...

Choose the one you most identify as.

My ethnicity is ...

Knowing your ethnicity helps us understand who uses Kooth.

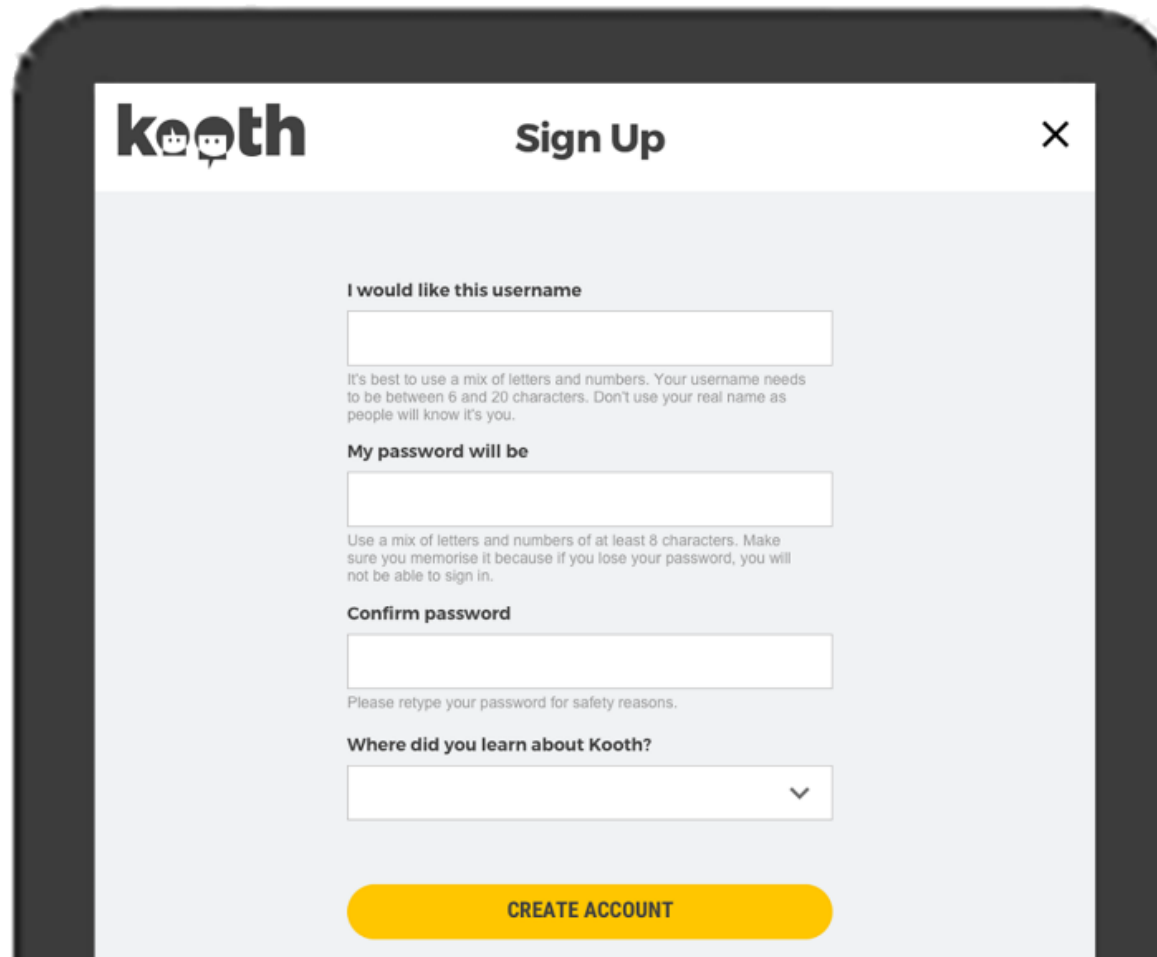
I was born in the year **I was born in the month**

Kooth is only available to a limited age group, that's why we need to know the year you were born.

CONTINUE

Create your username and password

Don't use your real name!



The image shows a tablet displaying the Kooth 'Sign Up' form. The form is titled 'Sign Up' and includes a close button (X) in the top right corner. The Kooth logo is in the top left. The form contains the following sections:

- I would like this username**: A text input field.

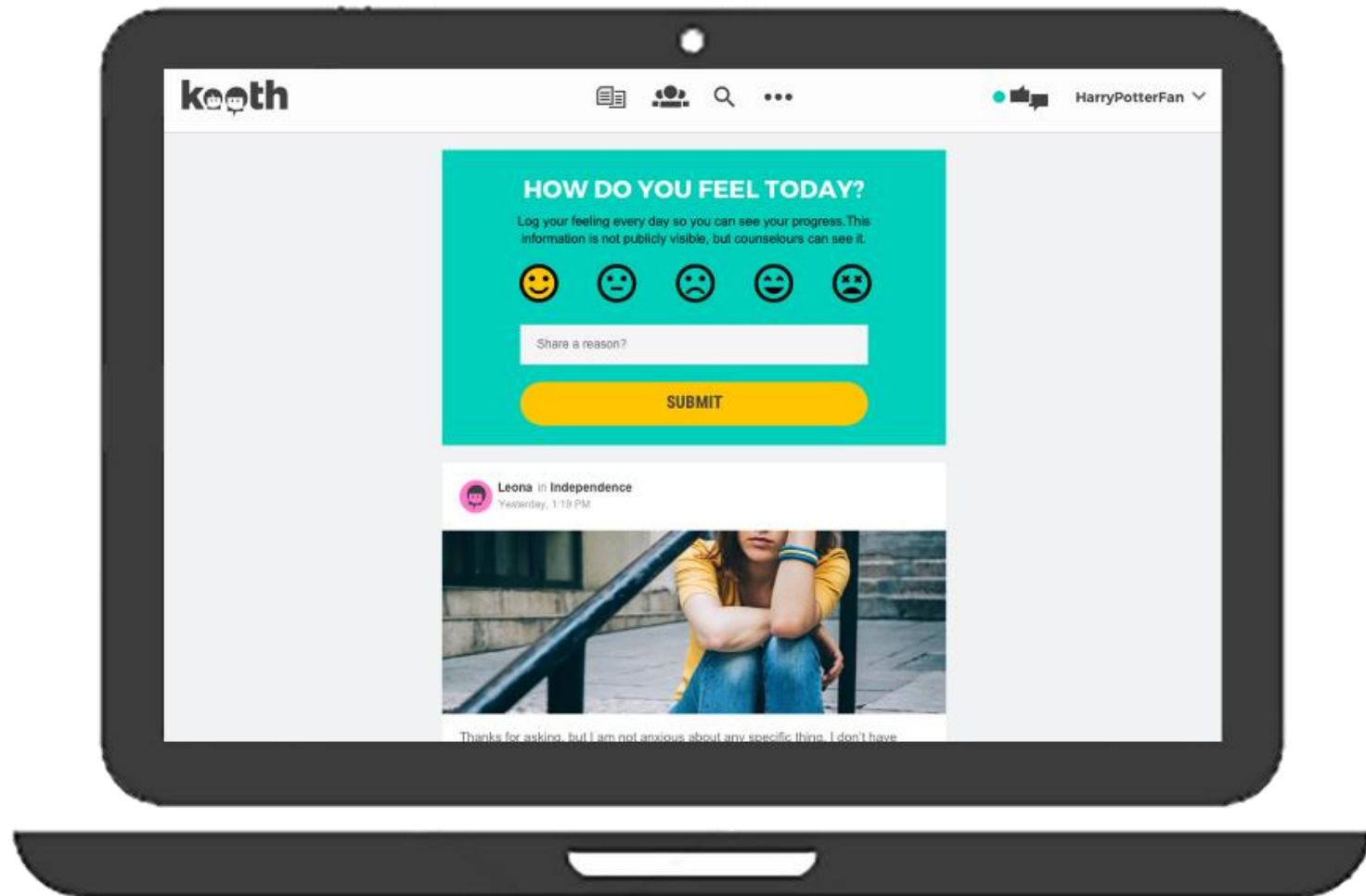
It's best to use a mix of letters and numbers. Your username needs to be between 6 and 20 characters. Don't use your real name as people will know it's you.
- My password will be**: A text input field.

Use a mix of letters and numbers of at least 8 characters. Make sure you memorise it because if you lose your password, you will not be able to sign in.
- Confirm password**: A text input field.

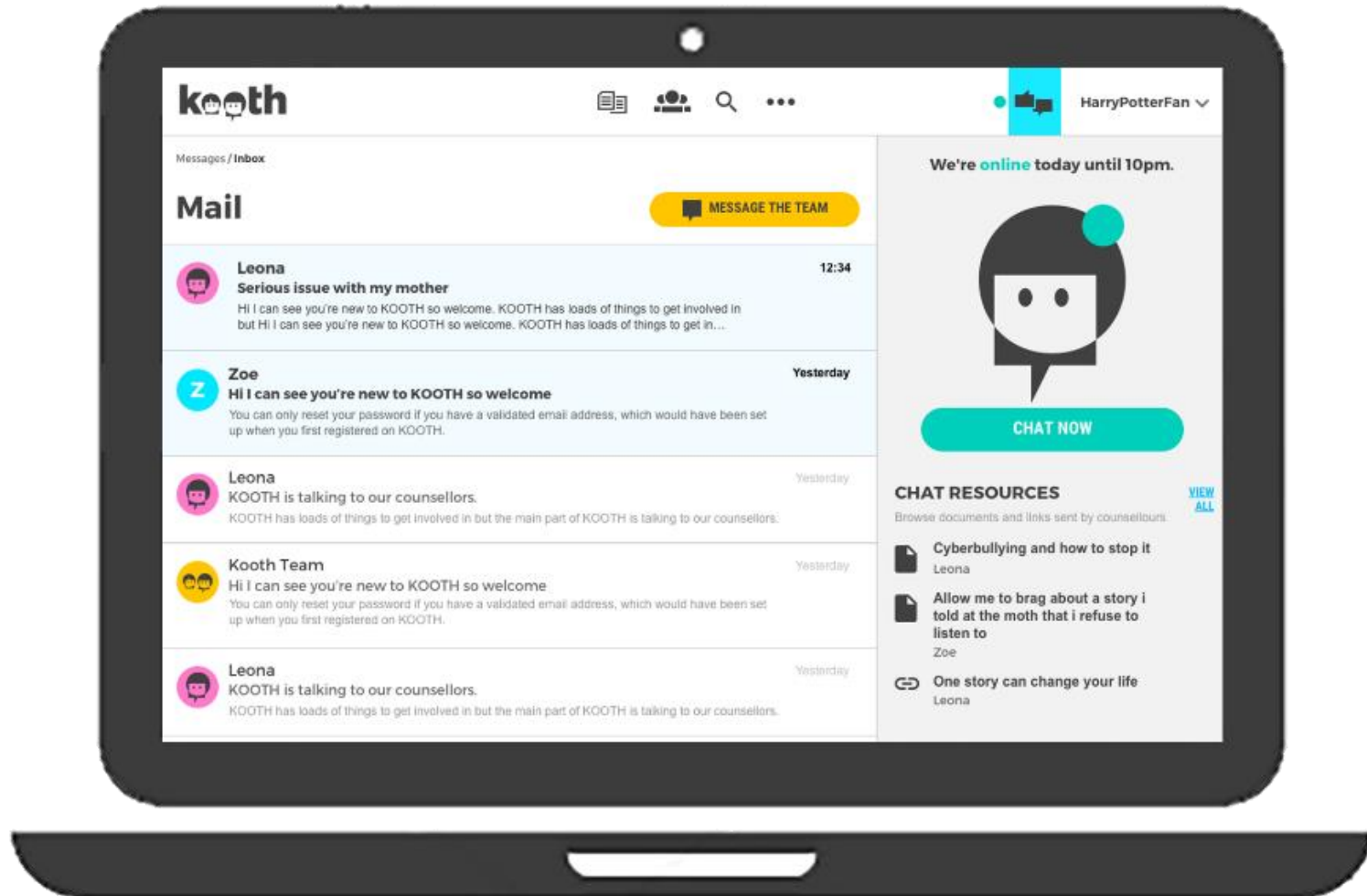
Please retype your password for safety reasons.
- Where did you learn about Kooth?**: A dropdown menu with a downward arrow.

At the bottom of the form is a yellow button labeled **CREATE ACCOUNT**.

Now you're on Kooth!



Press the green 'Chat now' button to talk to a counsellor



Remember...

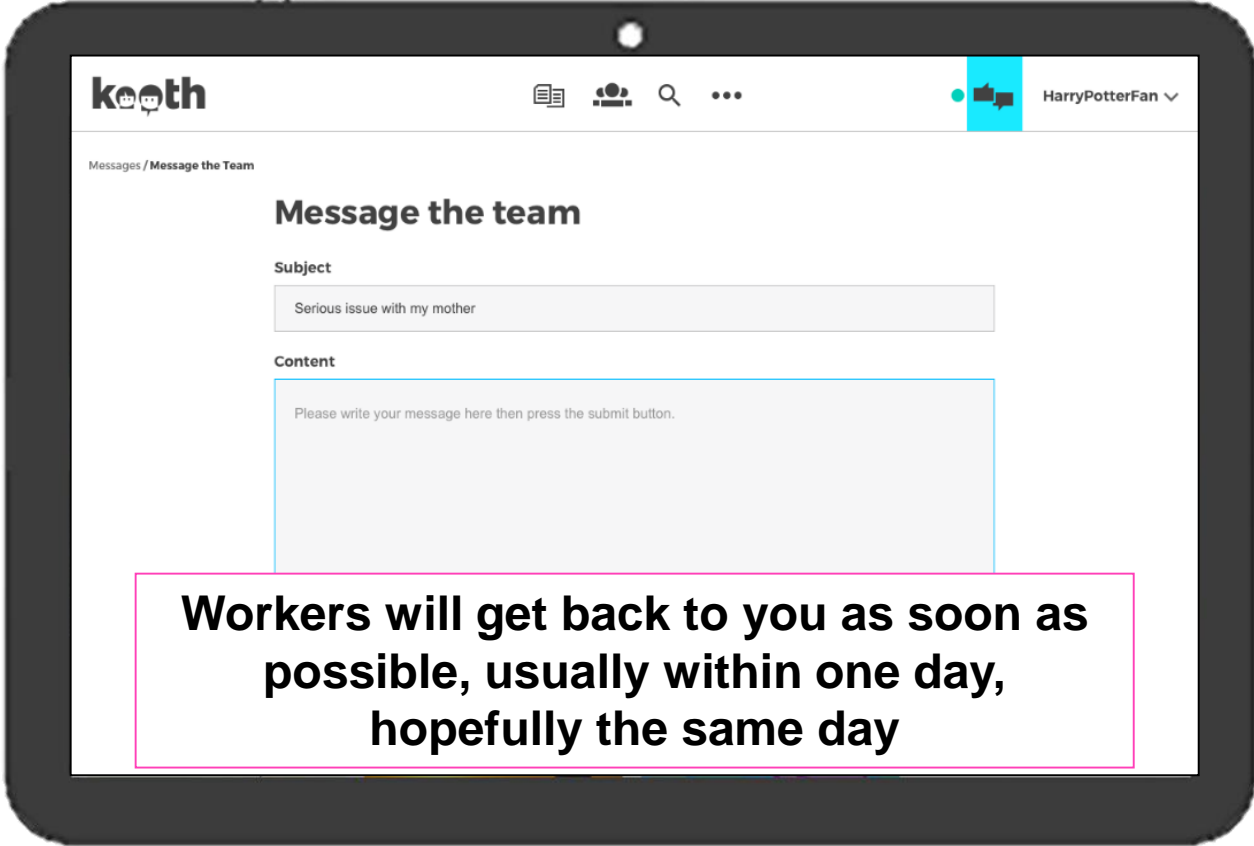
- A counsellor will see you are in the queue and pick up from there
- It should be pretty quick but they might be just finishing a chat with someone else first

Counsellors are available from:
12 midday to 10pm Monday to Friday
6pm to 10pm at weekends

Also...

- You can access the rest of the site while you wait, check your messages etc
- A button will flash on screen when a counsellor has opened a 'room' to talk to you
- You can also send an email message if you prefer, either to the team or to a specific counsellor

Send a message to a counsellor

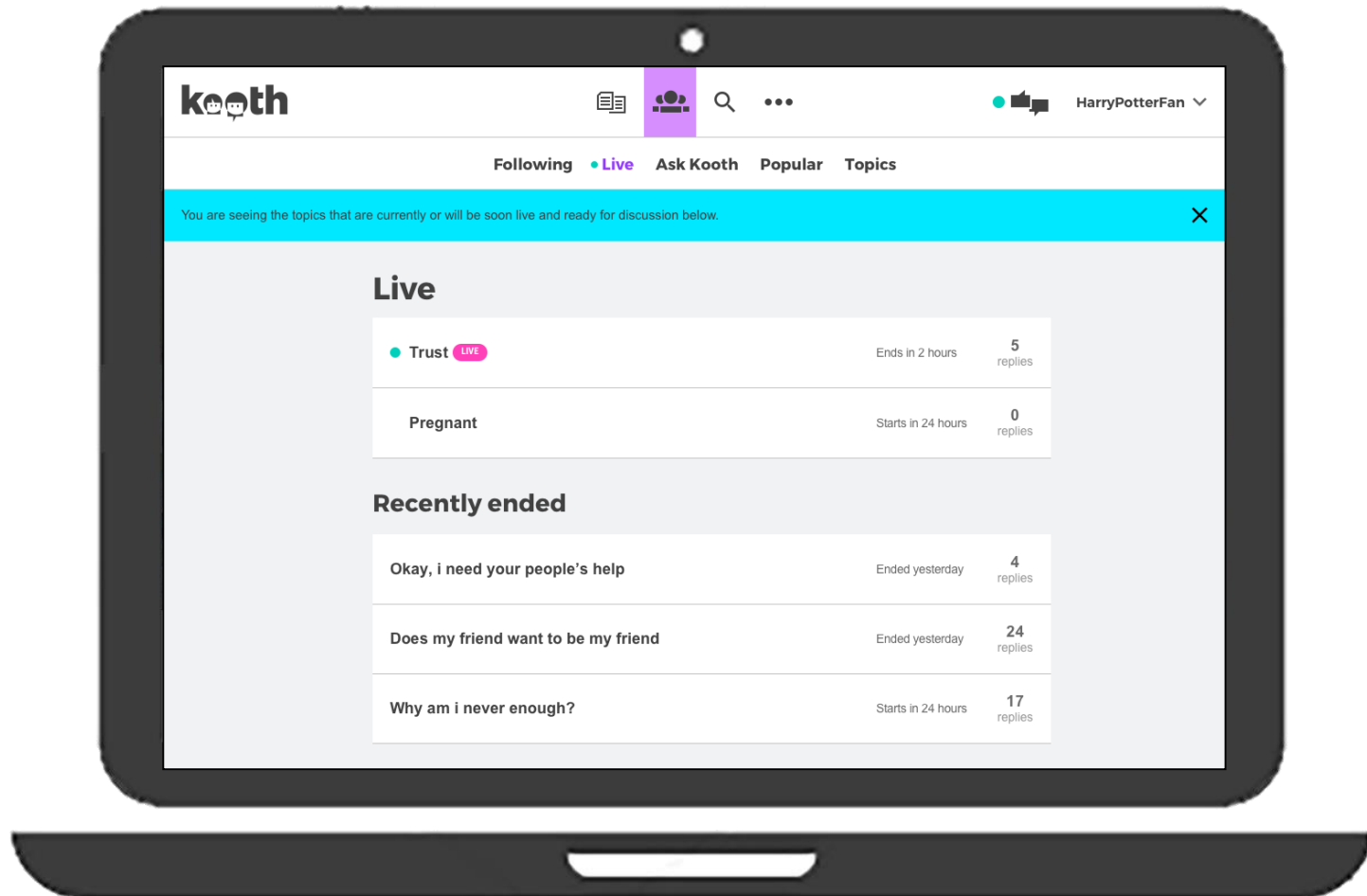


The screenshot shows a laptop displaying the Kooth website. The page is titled 'Message the team' and is part of the 'Messages / Message the Team' section. The user is logged in as 'HarryPotterFan'. The form has two main sections: 'Subject' and 'Content'. The 'Subject' field contains the text 'Serious issue with my mother'. The 'Content' field is a large text area with a placeholder text 'Please write your message here then press the submit button.'.

Workers will get back to you as soon as possible, usually within one day, hopefully the same day

Forums

To help other young people or to get advice yourself



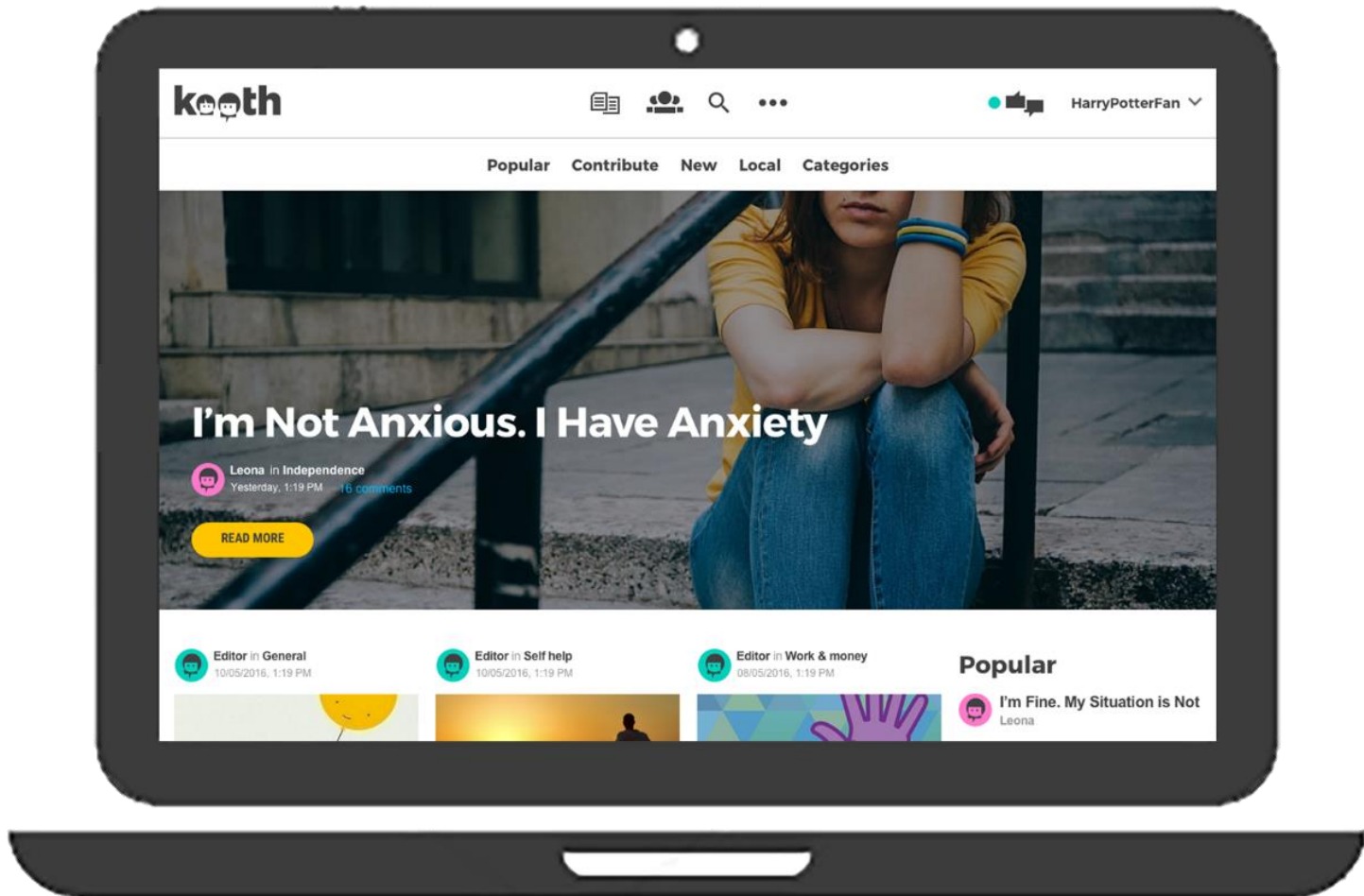
Live Forums

**We have live forums every
Mon, Wed and Fri from 7.30-9:00pm**

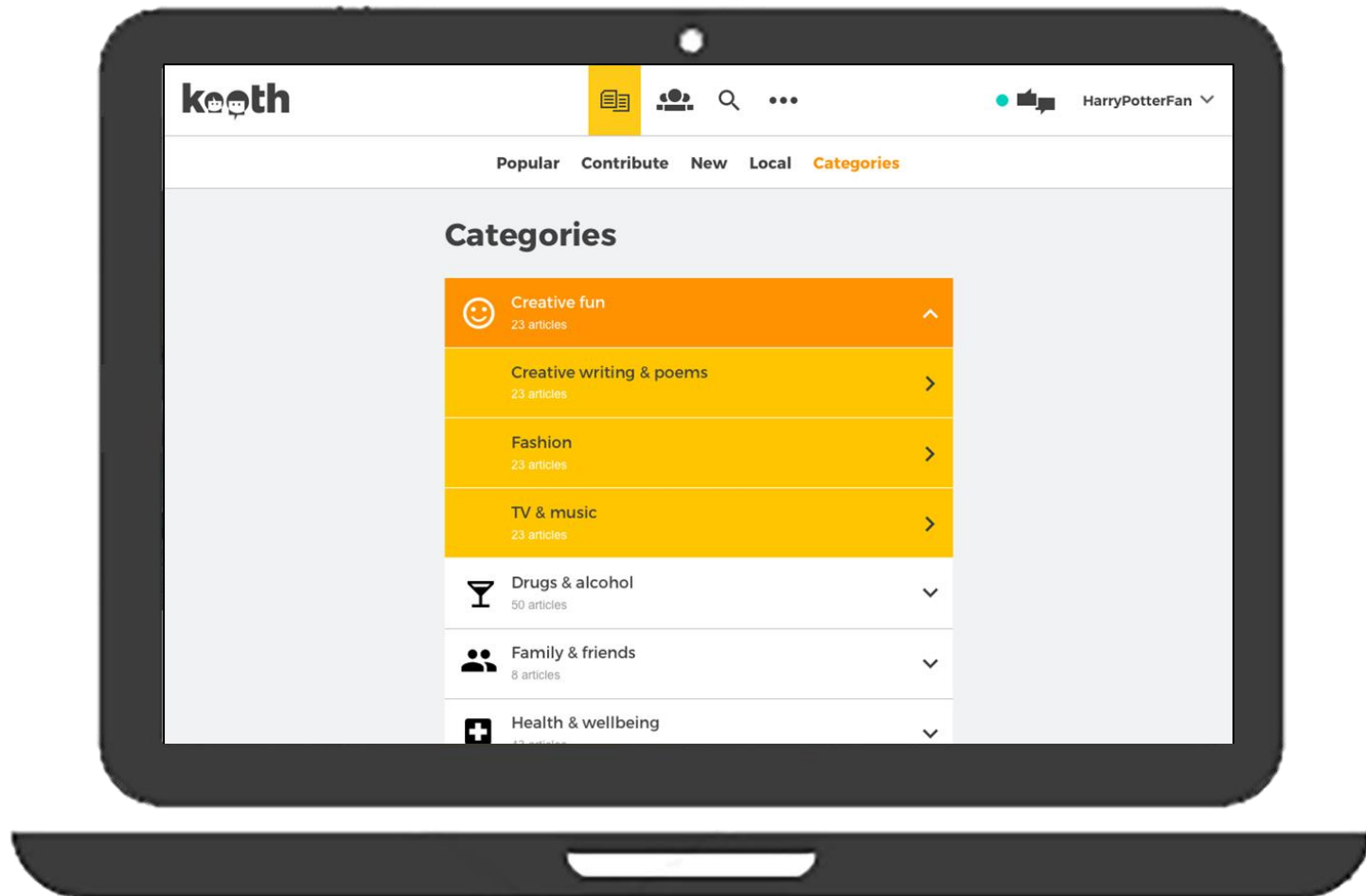
- Every live forum is completely different and has a different theme
- You can participate in as many forums as you want
- All forums are hosted and moderated in the moment by our Kooth staff

Articles

You can write for the magazine too!

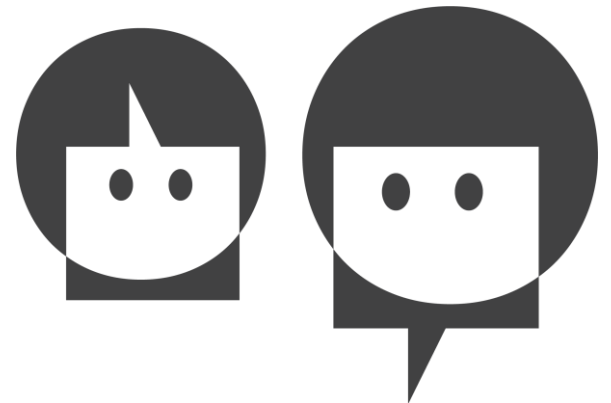


Lots of info and topics



Kooth is safe

- Everything is moderated and confidential
- No personal details or real names
- All the counsellors are trained, qualified and are used to working with young people
- If you needed, we would talk to you about face-to-face services as well as talking to us online





www.kooth.com