

The image features the Kooth logo centered within a large, teal, irregular speech bubble shape. The word "kooth" is written in a white, lowercase, sans-serif font. The two 'o's are replaced by white speech bubble icons with teal outlines and two dots inside. The background is white and decorated with several teal speech bubble icons of varying sizes, some containing white speech bubble icons. A teal and white striped shape is visible behind the main teal bubble on the left side.

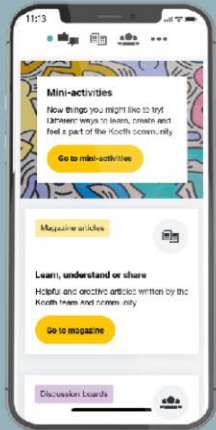
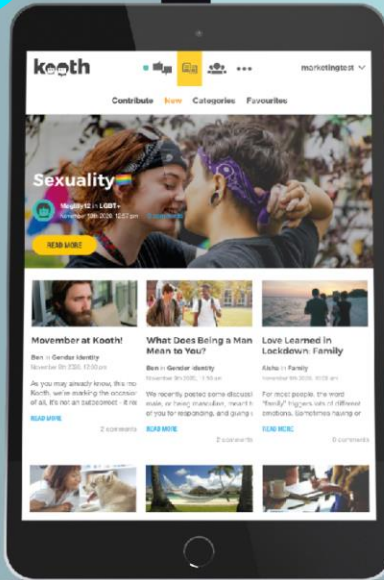
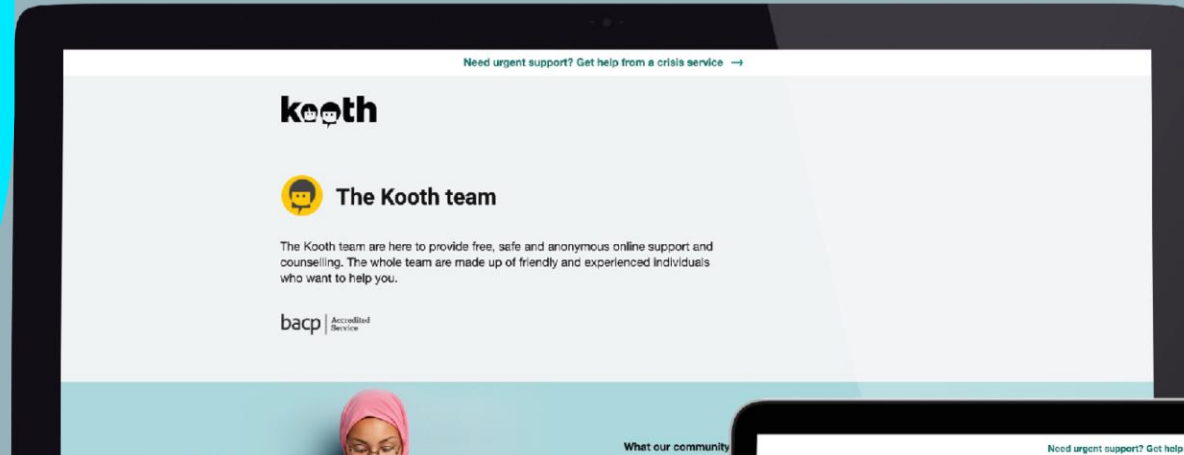
kooth



Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people

[www.kooth.com](http://www.kooth.com)

# This is Kooth.



# How Kooth is operating

- We work across 100+ local authorities – provides mainly online services, but also blended services (face to face and online).
- Work best as an integrated service, providing a gateway to other resources.
- Kooth is commissioned by; NHS, Local Authorities, Charities and businesses to provide anonymous and personalized mental health support for children and young people.
- Early intervention and preventative service.



# Northwest London

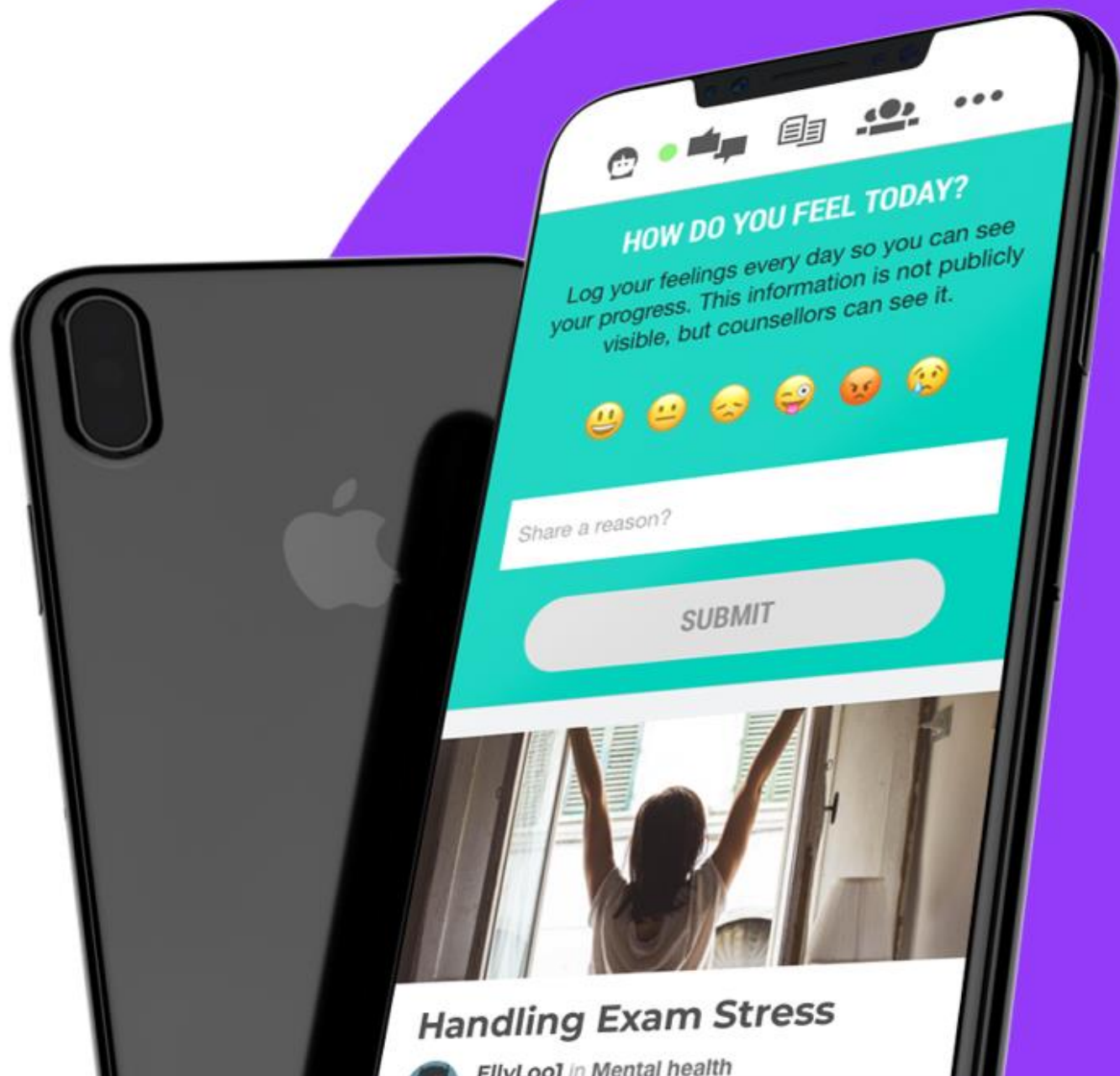
- Ages 11-25.
- It is free for young people to use.
- No referral needed or waiting lists.
- Free, safe and anonymous.



# Online counselling & well-being support

- Young people can sign up themselves – no referral needed
- Text based – live or asynchronous messaging
- Offers a range of therapeutic tools and activities
- Open 365 days a year
- 12-10pm weekdays, 6-10pm weekends





# kooth

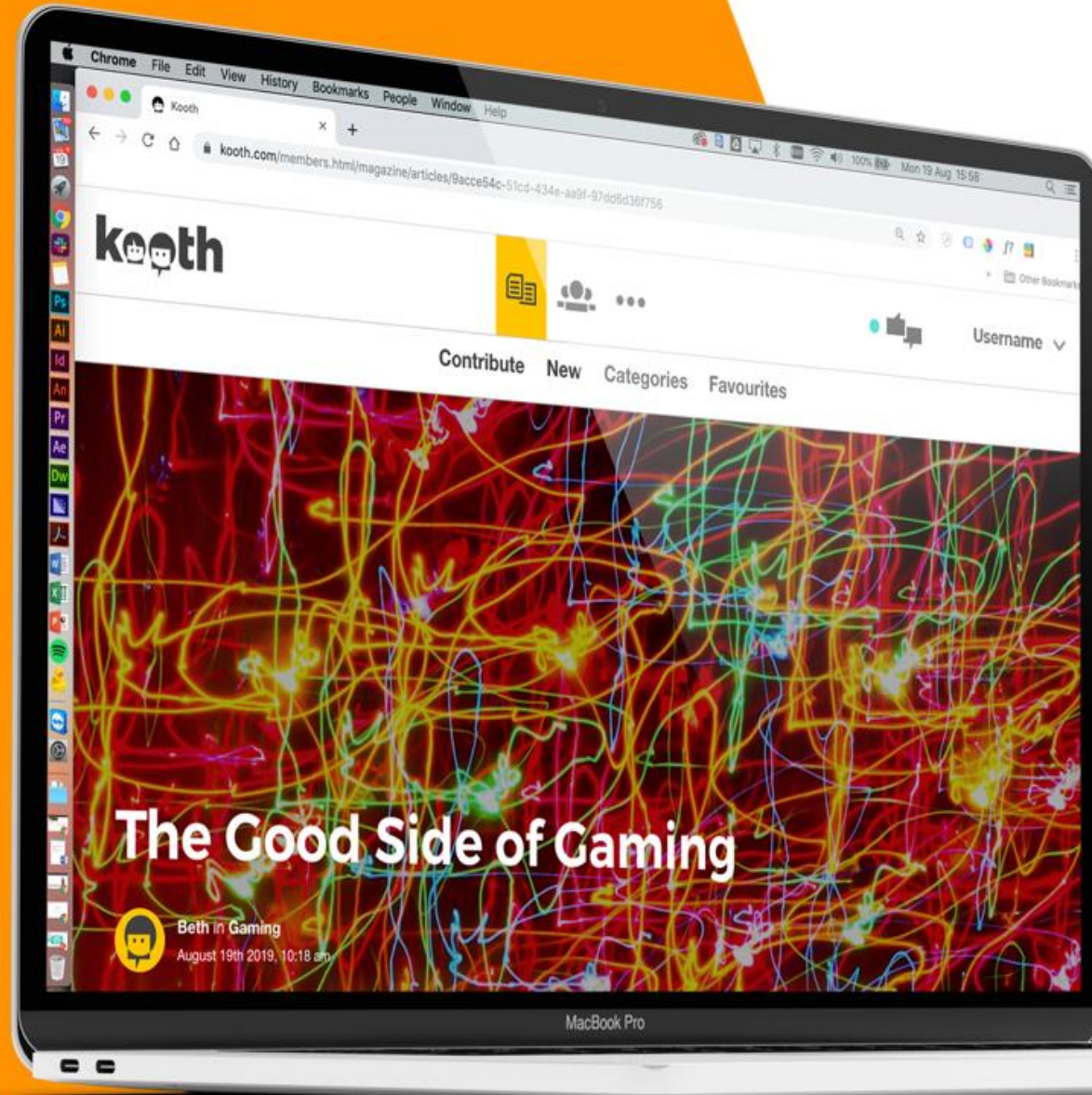
It's free, safe and  
**anonymous.**





# Kooth Magazine

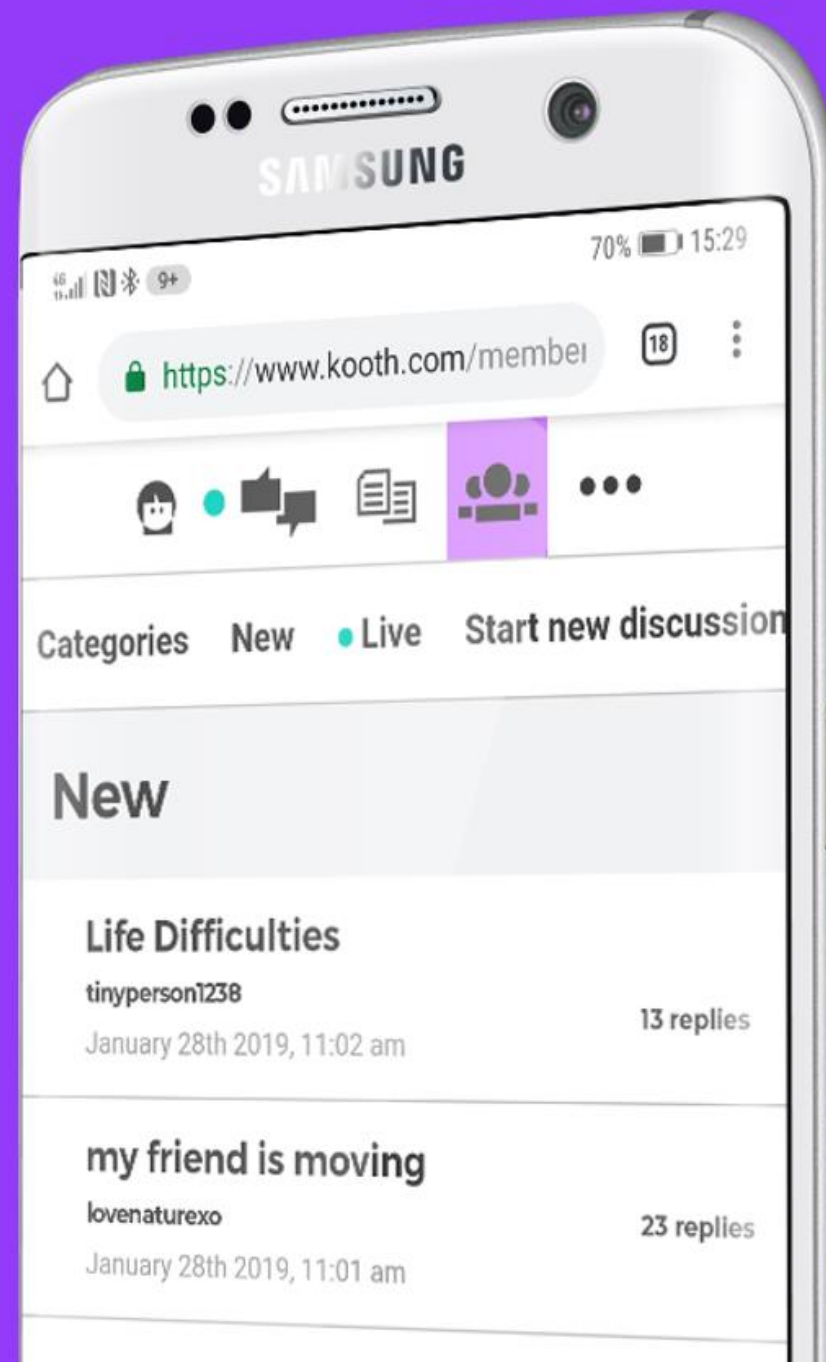
- Posts include anything from personal stories, to creative writing and advice on how to get through a hard time
- Explore articles written by experienced professionals
- Contribute to the magazine, or read other young people's posts!



# Kooth Forums

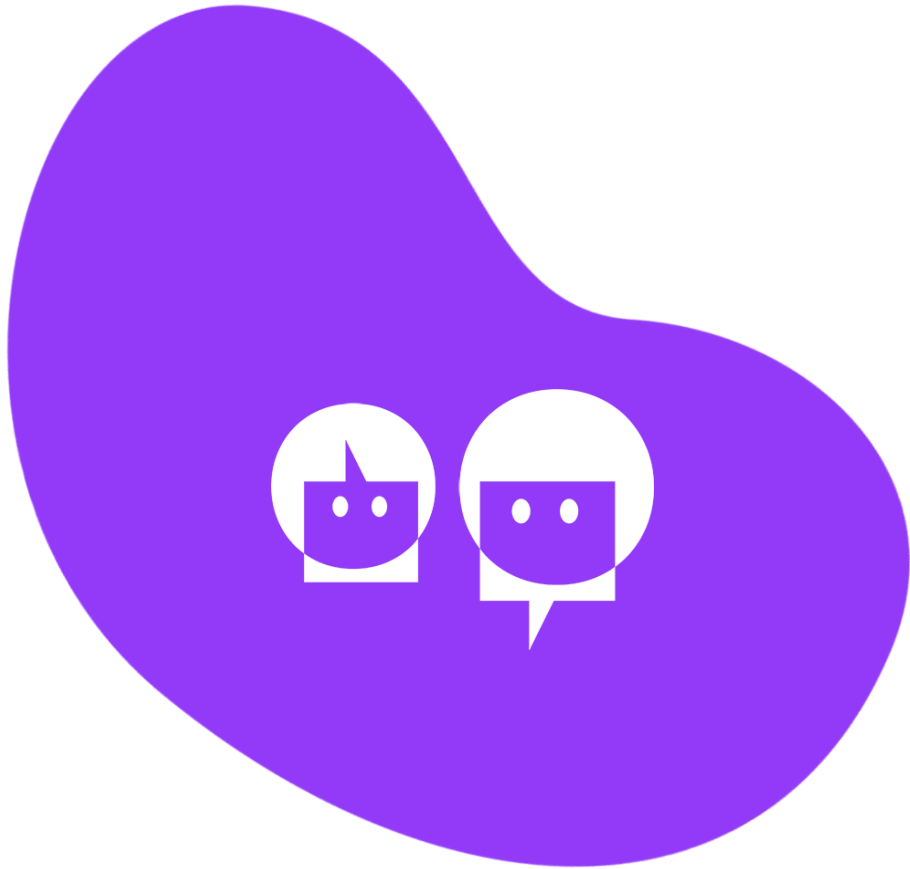


- Browse through posts on many different topics, both serious and fun!
- Give or receive support from others in similar situations to you
- Connect with others in themed live forums





# Kooth Activities



## Mini-activities

Exploring who we are is an exciting part of life, but it can be scary too.

Below are some activities to help you build valuable life skills. Pick one to try!

18 activities

### Make your own coping box

Try using items around the house to help soothe or distract you during difficult...

[View activity](#)

### Write a letter to your future self

Share your own words of wisdom with yourself! Doing something creative and...

[View activity](#)

### Share advice with others

Share your experience to help others and feel good about yourself too. Sharing may help...

[View activity](#)

### Create a 'good mood' playlist

Try using music to help boost your mood. Listening to music releases endorphins in th...

[View activity](#)

### Improve your bedtime routine

Turn off your screens and relax without technology for a better night's sleep. Practic...

[View activity](#)

### Create your own superhero

Unleash your superpowers by doing something creative! Expressing your creativit...

[View activity](#)

Kooth is free, safe and  
**anonymous.**

- Everything is pre-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

# Kooth Spotify Podcast

- - Weekly content.
- - Open conversations on mental health 'The Road out of Lockdown', 'Young men's mental health Podcast' and 'The Stress and Anxiety Around Coming Out'.
- - Monday Motivation.



kooth

podcast

# End of session feedback questionnaire

- A chance for feedback at every stage of the site
- 94% of users would recommend Kooth and recommend speaking to a member of the Kooth team
- Young people directly influence what is on Kooth

Carrier 22:33 80%

## Session Feedback

I felt heard, understood and respected

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

What we talked whas important to me

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

The person helping me was a good fit for me

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

Overall the session was right for me

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

# Kooth Pulse 2021

Identifying issues and collaborating to enable positive mental health for all

The impact of COVID-19 has seen an 89% upsurge in the usage by adults of Kooth's digital mental health platform.

For children and young people, this was 42%. With the long reaching effects - including long COVID-19, the return to work and the changing face of the workplace, unemployment and socioeconomic issues - it is anticipated that this will only increase further (O'Shea, N., 2020).

## Key Finding

Impact of the Pandemic on the Nation's Mental Health



- In FY2020, Kooth's data revealed that **63%** of under 18s self-presented as having severe needs.
- 17% of adults accessing professional intervention say that they think about hurting themselves or feel suicidal nearly every day - a **40%** increase on the previous year.
- A further **41%** of users say that they feel nervous every day.



# Michael Stones

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Training and Support for professional  
services

Workshops and Presentations

Resources

