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kooth



World Mental Health Day

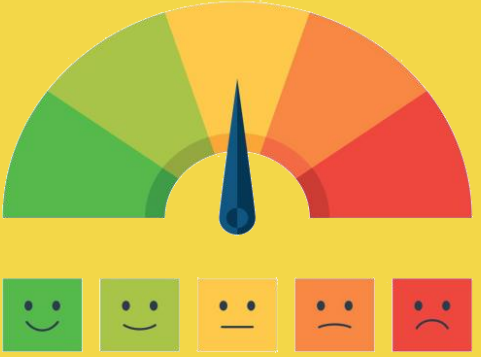
10th of October



Explore **kooth.com** for free, safe and anonymous support

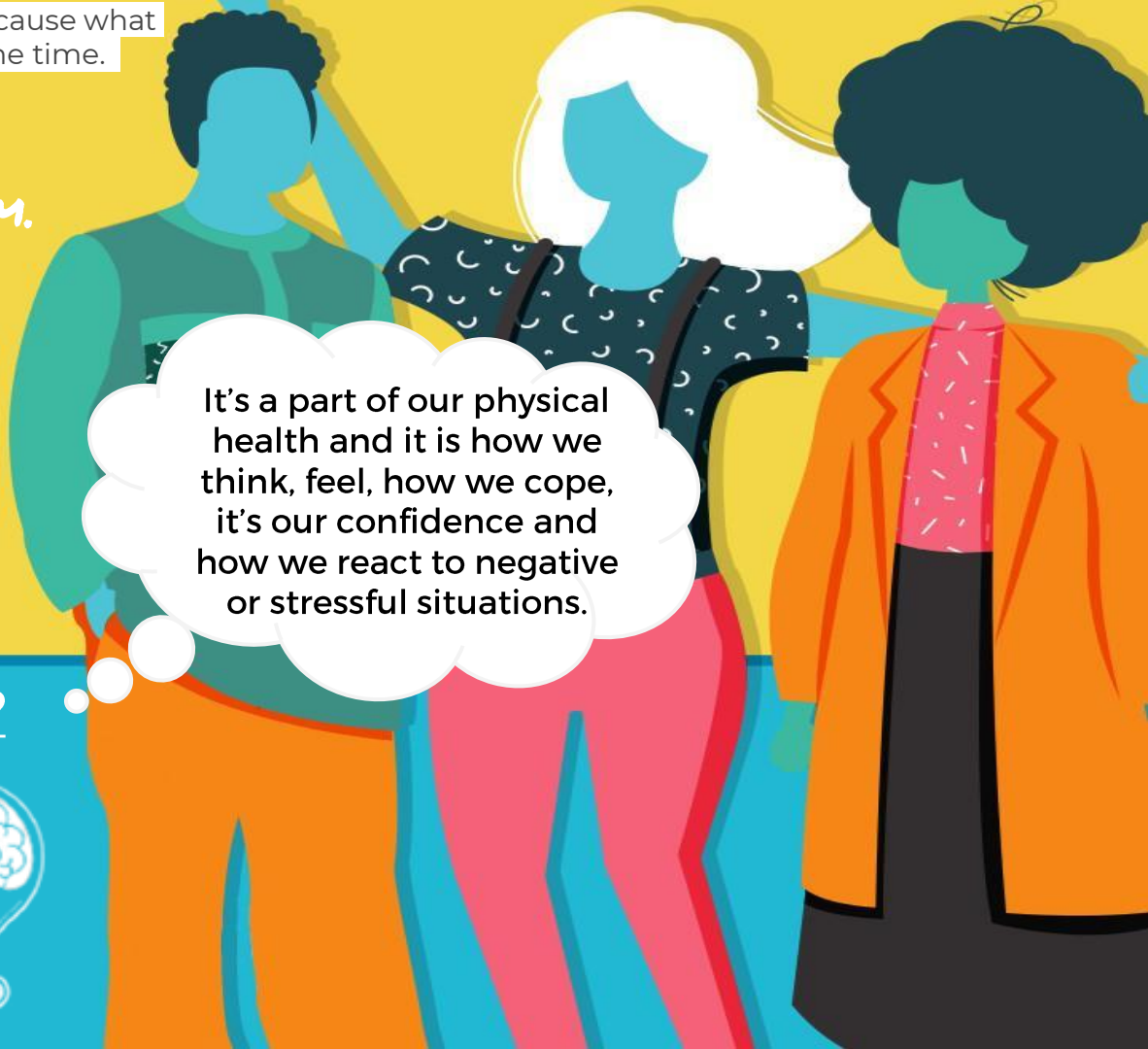
This means different things on different days, because what we think and how we feel can change all of the time.

MENTAL HEALTH IS A SPECTRUM.

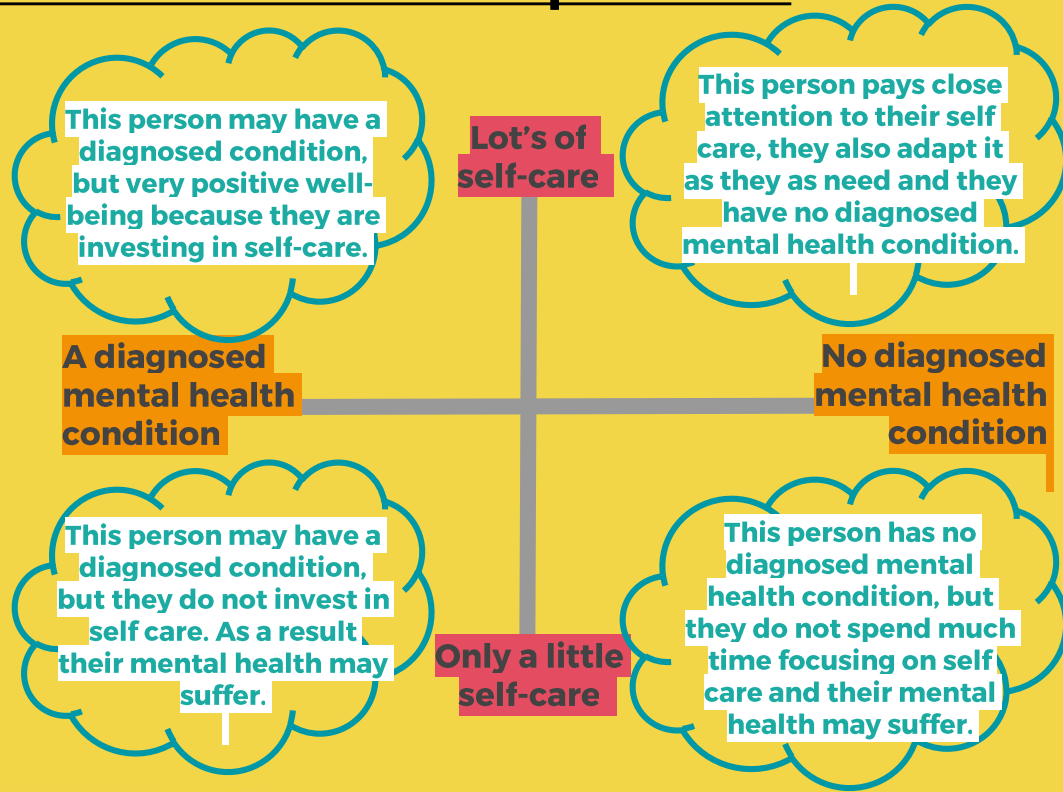


It's a part of our physical health and it is how we think, feel, how we cope, it's our confidence and how we react to negative or stressful situations.

What is mental health?



Mental health as a spectrum



Sign up for free at **Kooth.com**

What is self care and how can we do it?

Pep talks & daily mantras

Try out journaling to track your feelings and what effects them.

ing for support

Breaking down the situation

Work on Time management

Write an article, poem or short story on

Establish boundaries

Create a to do list/ vision board

Meditation/ mindfulness

Looking after

Reach out on through forums or speak to Kooth staff for some advice.

Take part in some mini-activities and get involved with the Kooth online community.

Exercise or playing sports

What is Kooth?

Supports you with wellbeing.

Understanding and supportive.

Counselling and mentoring.

Tonnes of self-help resources.



Sign up for free at **Kooth.com**

How to sign up to Kooth.com

Need urgent support? Get help from a crisis service →

kooth [Log in](#)

Your online mental wellbeing community

Free, safe and anonymous support

▶ [Watch our Kooth video](#) [Join Kooth](#)

HOW DO YOU FEEL TODAY?
Tap your feelings every day so you can see your progress. This information is not publicly shared, but accessible only you.

How do you feel?

[SUBMIT](#)

Making Friends
Blacktopopkai - Making friends
How do you feel?
A chat post for a while making friends will be hard. Get the advice from friends who have aspects which are similar to yours. A good tip is to make friends.

Just some of the things you'll find on Kooth

- Magazine
- Discussion Boards
- Chat with the team
- Daily Journal

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

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

Log on through **mobile**, **laptop** and **tablet**.

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 on:
“Chat now button”

To write a message to the team, click on: **“message the team”**

How to sign up to Kooth.com



Your online mental wellbeing community

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How to sign up to Kooth.com

Sign Up

Where do you live?

The area I live in is

Choose from this list



The place I live in is

Choose from this list



[Cancel sign up](#)

[Next](#)

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How to sign up to Kooth.com

Sign Up

When were you born?

Kooth is only available to a certain age range.

Year

Choose from this list



Month

Choose from this list



[Cancel sign up](#)

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Sign Up

Which best describes you?

These questions help us to understand who uses Kooth.

My gender is best described as

Male

Female

Agender

Gender Fluid

My ethnicity most closely matches

Choose from this list



[Cancel sign up](#)

[Next](#)

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How to sign up to Kooth.com

Sign Up

Pick a username and password

Make sure you remember your username and password. It's the only way to access your account.

To protect your anonymity don't use real names, your date of birth or your username from another site or service.

Username

✓ Please do not use special symbols

✓ Between 6 and 20 characters

✓ Username must be unique (not already used on Kooth)

Password

✓ Mixture of upper case, lower case and numbers

✓ 8 or more characters

✓ Cannot match your username

Confirm your password

✓ Matches

To use Kooth you must agree to our terms of service and read our [Privacy and Safety page](#)

I agree

Cancel sign up

Next

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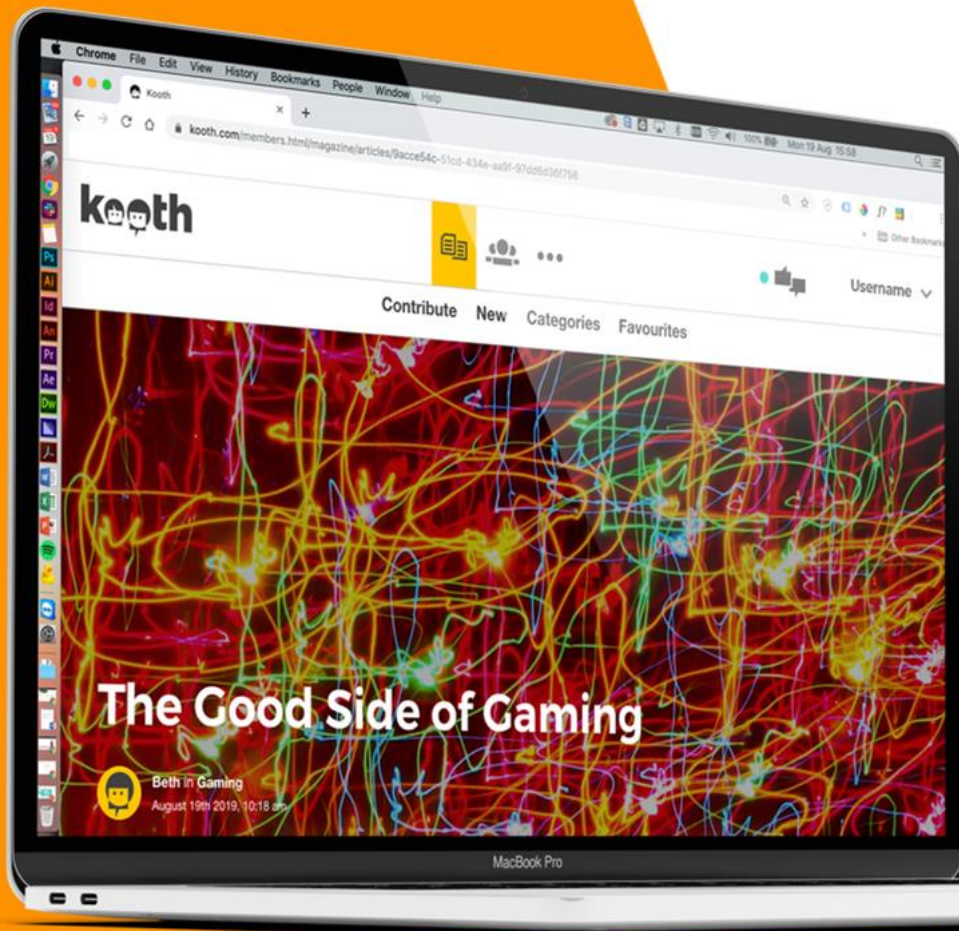
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Find a
magazine
article
about...



Kooth Magazine

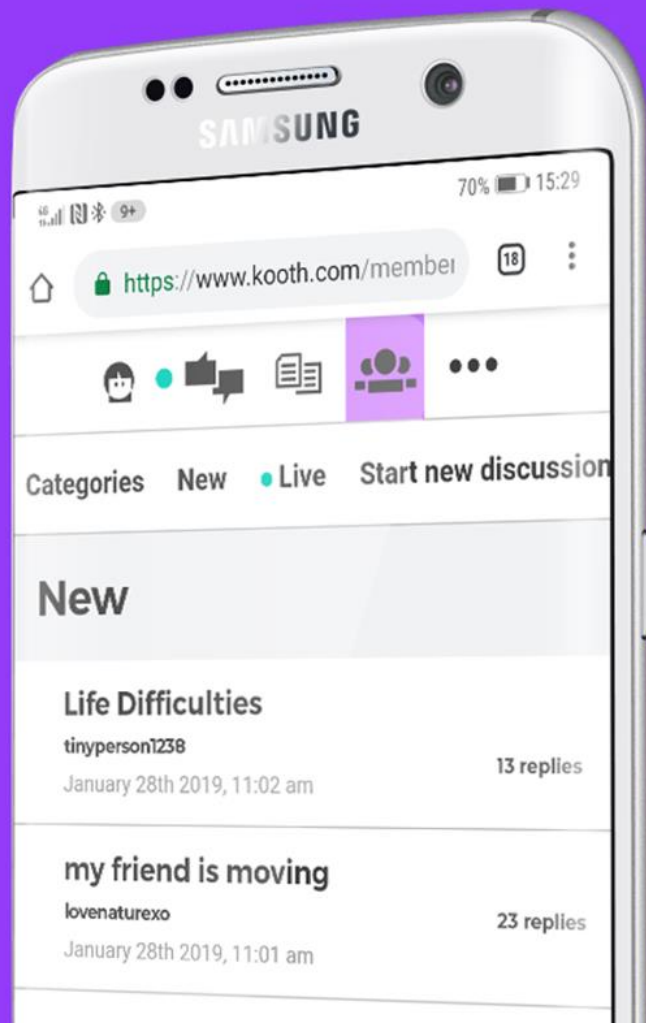
- Posts include anything from personal stories, to creative writing and advice on how to get through a hard time
- Explore articles written by experienced professionals
- Contribute to the magazine, or read other young people's posts!

Find a forum
that talks
about...



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



Find a mini-activity that helps with...



Kooth

Activities

- Find mini-activities to help with building healthy habits and more!
- Speak to others about how the activities worked for you.
- Try them in your own time, away from screens.



Change the avatar on your Kooth account.

Activities on Kooth.

Manage emotions



Helpful habits



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