

A large teal speech bubble is centered on a white background. The word "kooth" is written in white lowercase letters inside the bubble. The two 'o's are replaced by teal speech bubble icons. The background is decorated with several smaller teal speech bubble icons, some containing white icons of a speech bubble with a dot or a star. A teal and white striped banner is positioned behind the top left of the main speech bubble.

kooth



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

www.kooth.com

About Kooth

- **Kooth was founded in 2001 to help break down the stigma attached to Mental Health Services**
- **Works across the country in 100+ different local authorities – provides mainly online services, but also blended services (face to face and online)**
- **Kooth is our flagship service, that has won awards for delivery. It works best as a fully integrated service, it also provides a gateway to other services (including face to face counselling)**
- **Kooth attracts ‘hard to reach’ and ‘under the radar’ young people**
- **Last year we supported over 100,000 young people through a variety of support tools**

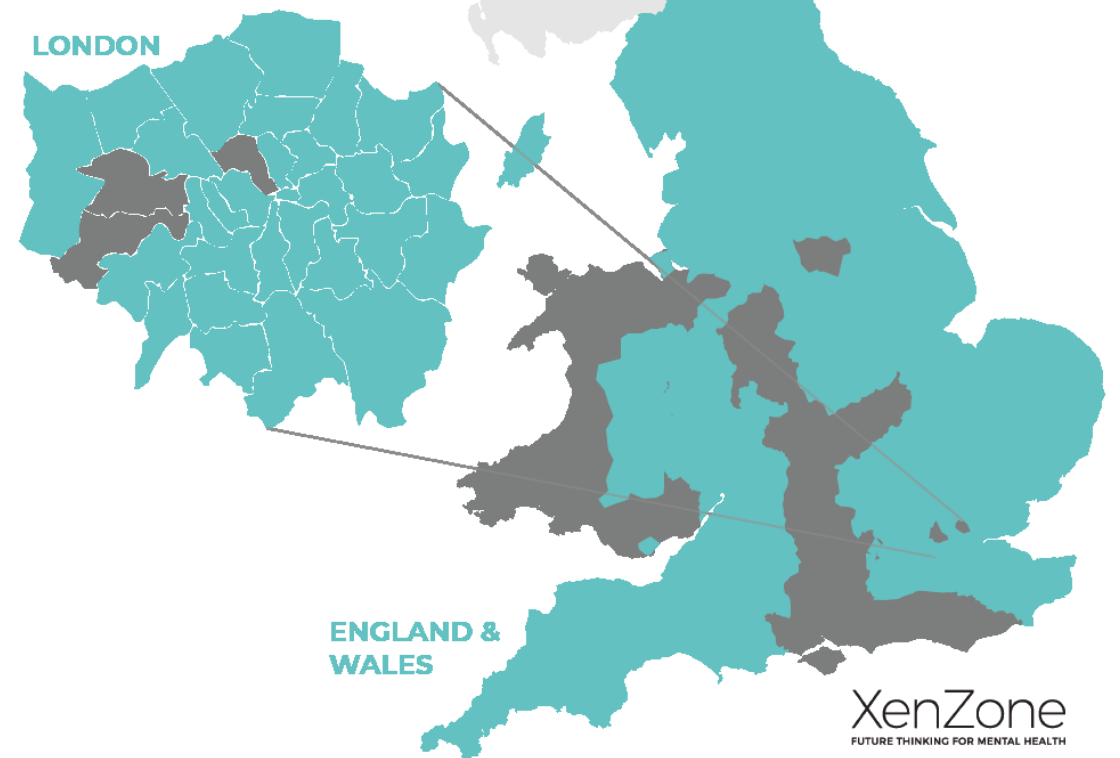
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National Picture:

- Commissioned in 77% of local authorities in England and Wales
- 805,000 log ins January - June 2020

where is Kooth?

Updated June 2020



XenZone
FUTURE THINKING FOR MENTAL HEALTH

Kooth Somerset Covid-19 Data Highlights

Top presenting issues from March-August 2020

Anxiety & Stress – 80 users

Self harm & suicidal thoughts – 78 users

Family relationships – 49 users

Sadness & Depression – 47 users

A 200% increase - Sleep issues compared to 2019

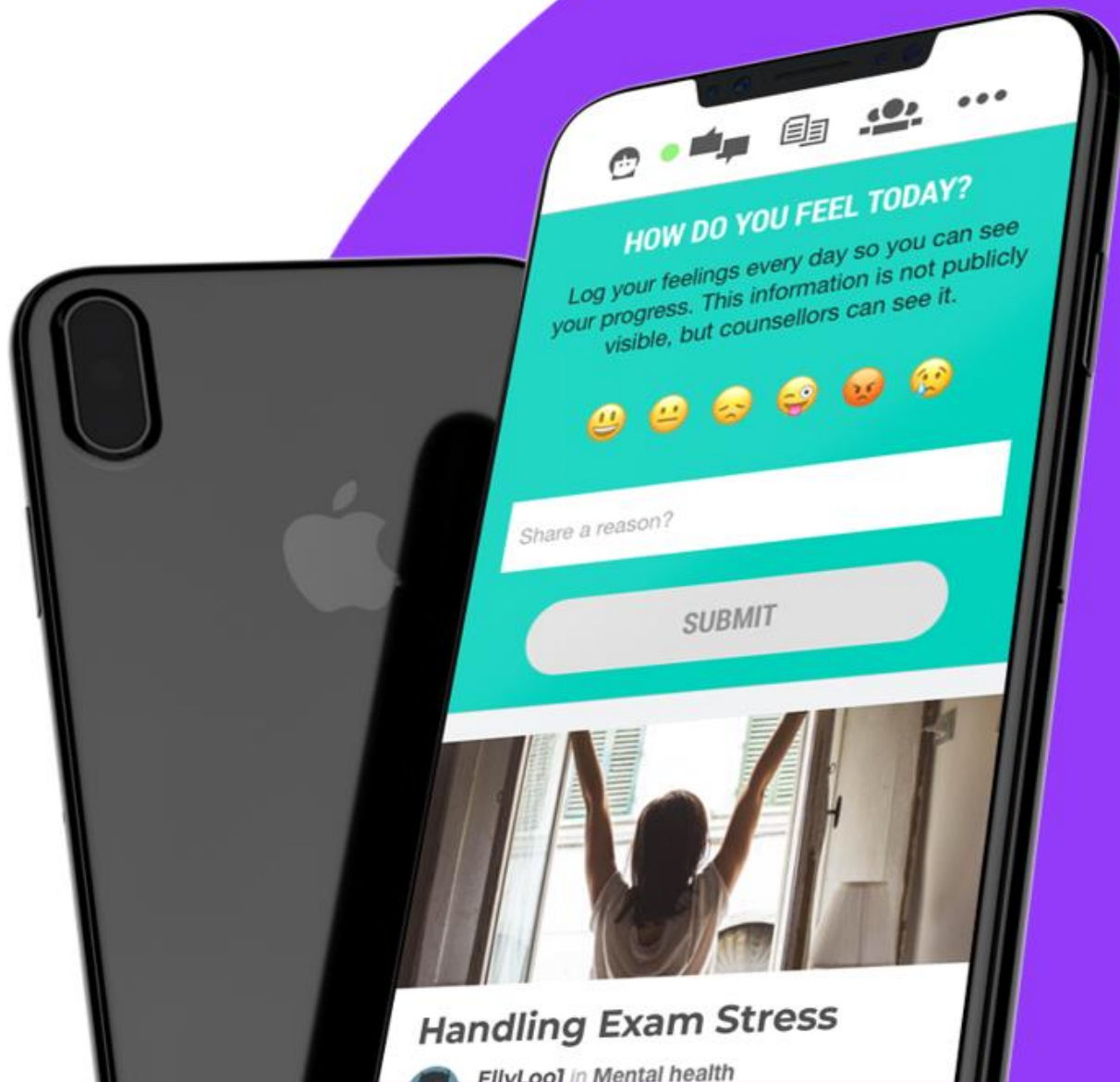
A 100% increase - Aspirations and Motivation compared to 2019.

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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 helps with:
Anything.

Anything that's making you
feel worried is worth talking
about.





365
days

**When are our
counsellors
online?**

Monday - Friday

Afternoons & Evenings

Weekends

Evenings

Full counselling hours are on the homepage

“Kooth offers so much more than just speaking to a counsellor. The community is always online, and there’s other young people that will be there to help you. **You’re never alone, don’t be afraid to speak up.**”