# keoth 

Your online mental wellbeing community

## Emily Roberts

She/her

## A bit about me.

## Where do you go when you need to talk to someone?

Here are some things we'd like you to always remember about Kooth...

## It's completely free.

You don't need to be referred by anyone.

You can sign up anytime.

## Bullying and trolling

can't take place on the site.

## You're anonymous

 to us
## No problem is ever too small at Kooth

If it's on your mind, we're here to help. Some of the feelings or difficulties we can support you with could include:

- Stress
- Anxiety
- Friendships
- Life at home
- Exam or coursework pressures
- Eating difficulties
- Loneliness
- Body image concerns
- Anger
- Confidence
- Big changes
- Social media


# Kooth isn't an app 

so you won't be able to find us on any app stores



1. Select Join Kooth.

2. Sign up by postcode or select your location from our dropdown list.

3. Enter the first part of your postcode.

4. Choose your area from the dropdown.

5. Select your month and year of birth.

6. Select your gender and ethnicity.


Step 5 of 5:
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
name, your date of bith or your
username from another site or service.

Username
(Dlease do not use special symbols
( ${ }^{2}$
7. Create an anonymous (not your real name) username and secure password.

## We offer a range of support options and you have complete <br> control of what to use.



## Live text-based chat with a member of our team. We're here to <br> listen

## Our team are here for you 365 days a year

You can chat with us
during the following hours:

Monday - Friday
12pm-10pm
Saturday and Sunday
6pm-10pm

## Your first chat session

When you first come to chat, we will talk with you about:

- Understanding a little bit about you
- Exploring your current difficulties and what's brought you to Kooth
- Thinking together about the best way we can support you

$\checkmark$ Hide Chat



## A range of selfhelp tools all in one place

You can use these tools at any time.

## Options include:

- Wellbeing mini activity hub
- Journal space
- Goal setting



## Find support from other young people in our discussion boards and live forums

You can start or join any discussion and there's lots of different topics to choose from!

How do I not take things personally

AnonymousUser123 June 7th 2022

## Hello,

So I had an experience where I was called something quite rude, and like l've taken it so personally like I feel angry and upset about it and I just cannot let it go. Overall in social situations and places I tend to be very shy, quiet and awkward and I rely on positivity to keep me going and If anyone says something 'mean' it can even be like a tone of saying something, I really take it to heart. even if I know what was said doesn't matter it just does to me. I also seem to really care what other people think or say about me like I constantly worry that people don't like me for $x$ reason even if I haven't done much wrong.

Choose from a range of helpful articles written
by both young people and our professional team

## Article topics include:

- Personal stories
- Bullying
- Relationships
- Identity
- Hobbies and interests
- General health and wellbeing

Creating a Comfort Bag to Help with Anxiety


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## 95\%

of our users would recommend Kooth to a friend

## You can trust us

Urgent support page if you need it:

Simply visit kooth.com/ urgent-support

Our team are real people who want to listen and help.
They're not bots

## "I feel safe to explore my feelings."

"I'm more able to manage low periods in my life."

## "I've never felt pressured using Kooth. l'm in full

 control.""Kooth feels like
a family and I can't thank you enough."

## Finding us outside of Kooth.com

@kooth_uk

Kooth Podcast
Find us on Spotify and Apple Podcasts

## keoth

Everyone needs support sometimes

- and if you do, we are here.


## kooth.com

