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Kooth

Organisation details

Description of activity

Kooth is a free, safe and anonymous online wellbeing service for children and young people.

Young people using the site are able to access a range of support services including one-to-one counselling sessions, discussing issues with their peers through online discussion boards, reading and contributing to self-help content and recording their feelings via journals and goal trackers. The online nature of Kooth means that young people can access help in a way that is most suitable for them, at a time that is convenient for them, 365 days of the year.

Contact details

Email address

contact@kooth.com

Website

<https://kooth.com/>

Accessibility

Staff have specialist training

Yes

Please enter any further details about your accessibility / specialist support

Our counsellors are employed by us and are fully qualified with the BACP or equivalent.

Availability details

Days and times of activity / opening

Monday	from 12:00	to 22:00
Tuesday	from 12:00	to 22:00
Wednesday	from 12:00	to 22:00
Thursday	from 12:00	to 22:00
Friday	from 12:00	to 22:00
Saturday	from 18:00	to 22:00
Sunday	from 18:00	to 22:00

When is the activity or service available

All Year Round

Description of eligibility or referral criteria and pathways (if applicable)

Children and young people do not need to be referred to Kooth to access the service. Kooth users are welcome to join Kooth as long as they fall within the age range that is available to their area.

Is there a cost for this service or activity

No

Age range

Age of users

From 10 years to 21 years

Additional useful information to download**File attachments**

- Kooth Frequently Asked Questions (Adobe Portable Document Format, 77.8 KB)