

How to sign up to Kooth.

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

Access to counsellors, 365 days a year - 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 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”

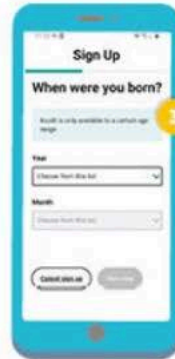
www.kooth.com



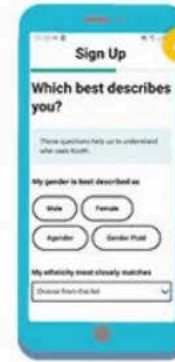
Click on the **‘Join Kooth’** button located in the centre of the home page of the Kooth website



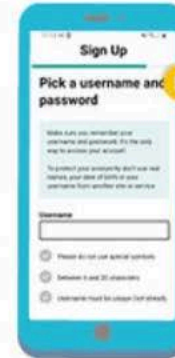
Choose from the drop down boxes, the **area** and **location** you live in



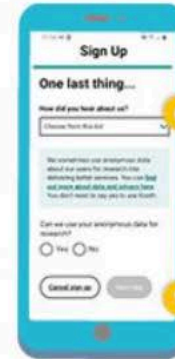
Select the **year** and **month** you were born



Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you



Create an **anonymous username** (not your real name) and **secure password**



Choose from the drop down box to explain where you found out about **Kooth**

Select **Next step** to complete your registration



North West London
**Mental Health
Partnership**



North West London Collaboration of
Clinical Commissioning Groups