


Safety is our Priority

Our service adheres to a strict safeguarding policy. Nothing is posted on our site without it being approved by one of our team first. We host live forums which are moderated in real-time. Comments, articles, forum posts and more are pre-moderated by our experienced moderation team.

Complete Privacy

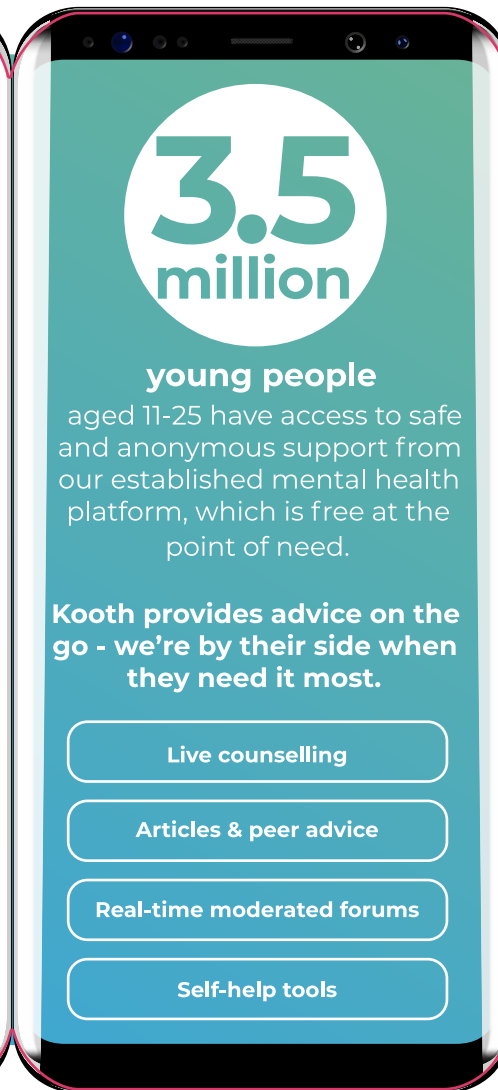
Kooth operates as an anonymous service and is easy to access.



Interested? Get in touch with us:
contact@xenzone.com

find out more about Kooth at
xenzone.com/kooth

Screenshots in this booklet have been altered to protect the identities of our users.

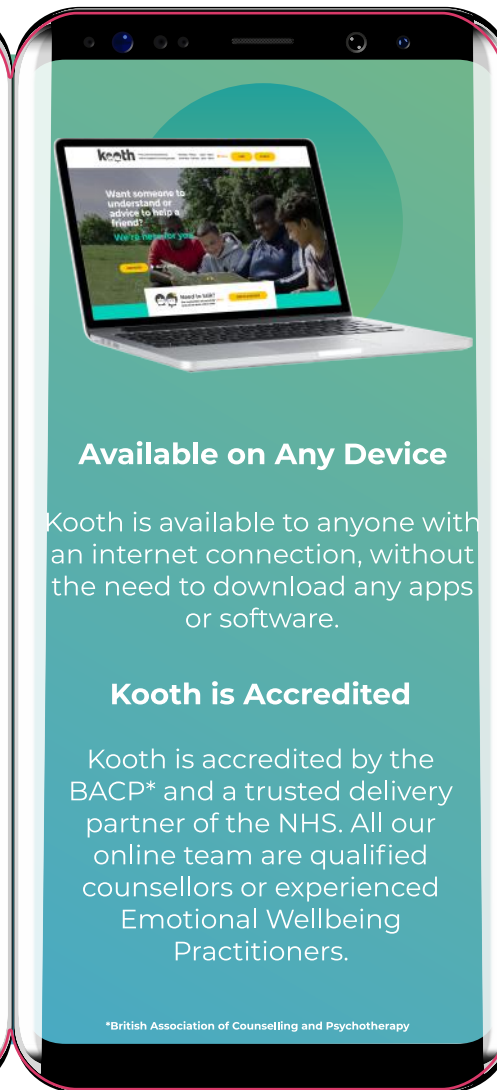


3.5 million
young people

aged 11-25 have access to safe and anonymous support from our established mental health platform, which is free at the point of need.

Kooth provides advice on the go - we're by their side when they need it most.

- Live counselling
- Articles & peer advice
- Real-time moderated forums
- Self-help tools



Available on Any Device

Kooth is available to anyone with an internet connection, without the need to download any apps or software.

Kooth is Accredited

Kooth is accredited by the BACP* and a trusted delivery partner of the NHS. All our online team are qualified counsellors or experienced Emotional Wellbeing Practitioners.

*British Association of Counselling and Psychotherapy

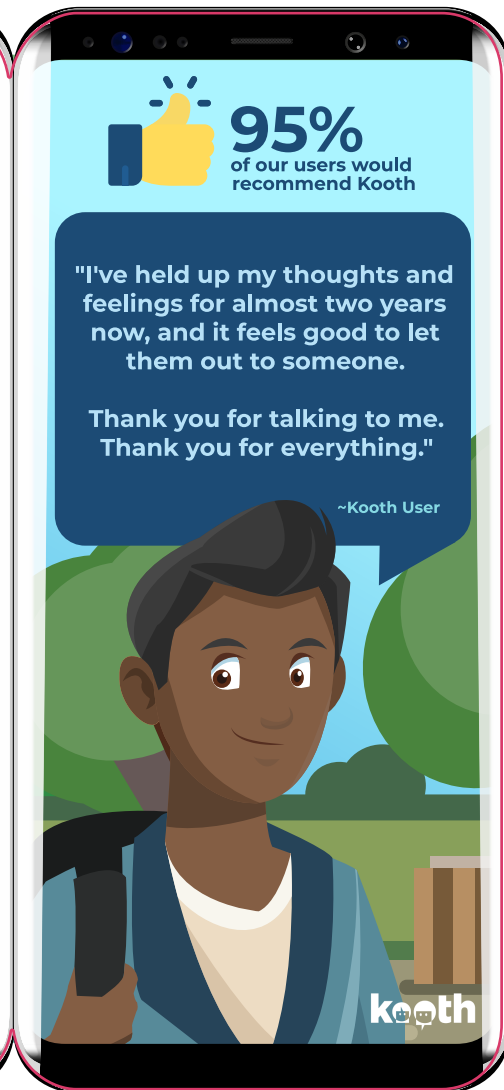


NHS COMMISSIONER

"Kooth forms a key part of our focus on early intervention and prevention. The service provides help to young people with emotional wellbeing and mental health concerns at the earliest opportunity, reducing the escalation of need. The service is clearly valued by children and young people in our area and quarterly case studies evidence the excellent outcomes for those interacting with the service. Kooth provides a safe, non-judgemental, therapeutic space for our young people."

UNIVERSITY COMMISSIONER

"We've been impressed with the take-up of Kooth, which shows us how important a digital component to mental health support is. We look forward to working with Kooth to support more students in our care and to seeing a continued positive step-change in the way support is sought and delivered."



95%
of our users would recommend Kooth

"I've held up my thoughts and feelings for almost two years now, and it feels good to let them out to someone.

Thank you for talking to me. Thank you for everything."

~Kooth User

