

# Kooth provides 365 & 24/7 access

## Anonymous Users

Our users remain anonymous to protect their privacy, giving them confidence to speak out and access support without the fear of judgement

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## Therapeutic Choice

We offer a full mental health toolkit - giving our users the opportunity to choose what kind of support works for them, when they need it

### Self-help Resources

### Community Support

### Practitioner Intervention

#### Goal Setting

Personal goals can be set and monitored in a safe moderated environment

#### Journal

A private yet simple and effective way to track mood and identify personal triggers

#### Activities

Our inclusive and accessible mini-activities support in building a range of healthy habits, combined with peer support

#### Discussion Boards

Our vibrant community interacts with other users via our peer to peer support forums

#### Magazine & Podcasts

Over 100,000 articles, pre-moderated and 70% user generated

#### Live Chat

Access to qualified practitioners (real people not bots) through drop-in or pre-arranged online chat

#### Messaging

If live chat isn't for you, you can message the online team at any time of the day and you will receive a response within 24-48hrs.