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get started
or visit:
kooth.com



It can be hard to know what to do when you have something on your mind. That's why Kooth is here. We are totally free and anonymous — and we're here whenever you need us. Go to kooth.com whenever you're worried, feeling low — or just need someone to listen.



Feeling worried?

Text chat with our team. They're here to support you with whatever you're going through. We won't ask for your name or address and you don't need a referral from your doctor.



Feeling alone?

Use our forums and discussion boards to get advice, find people who feel the same — and to help others. You can also share your experiences anytime by submitting a poem or article.



Feeling unsure?

It may help you to write your feelings down, or to set a personal goal. At Kooth, you can set goals and use an online journal whenever you choose.



Feeling lost?

We have a tonne of helpful podcasts, videos and articles on all kinds of topics, from self harm, anxiety and depression to coming out, relationships and self care.



Free
to use



No doctor's
referral
needed



We're a
BACP* accredited
service

Live text chats with
our team from midday
to 10pm on weekdays
and from 6pm to 10pm
at weekends.

Start here
kooth.com: free access to support today.

bacp | Accredited
Service

*BACP stands for British Association for Counselling and Psychotherapy. We're an accredited service, and our practitioners are either BACP accredited or working towards it. **You're in safe hands.**