

# Free mental health support

Kooth.com



# Why I'm here today



To talk about  
**mental health & fitness**  
and how Kooth can support you

Mental health is how we  
**think, feel and act** in response to the  
things that happen to us in life

Just like physical health, everybody  
has it and we need to take care of it



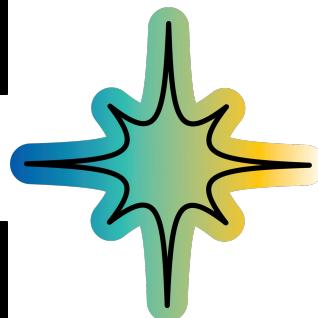
## What can help us keep mentally fit?

**Being active**

**Friendships**

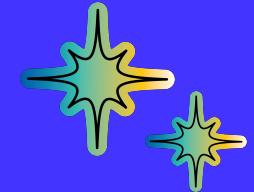
Staying in the moment

**Giving & being kind**





# Here's how coming through for others boosts our mental fitness



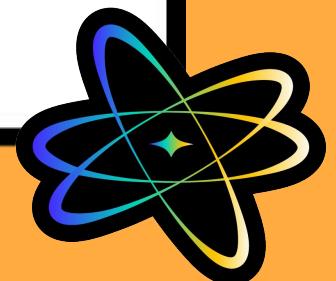
## The Science...

- Kindness releases "feel-good" brain chemicals (like serotonin and dopamine) which **improve our happiness and mood**
- Kindness lowers our blood pressure which **reduces stress**
- Kindness helps our brain to change, making us more **resilient and compassionate**

# Kindness is power!

Being thoughtful & caring sometimes gets a reputation for being weak

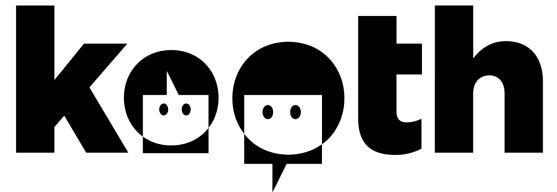
In fact it takes  
**inner confidence and strength of character**  
to be kind



# How to bring more kindness into your life



- A smile, a friendly word or a **thank you** can really make a difference to your day and someone else's
- Ask friends or family how they are and **really listening** to their answer
- **Spend time** with friends or relatives who need support or company
- Offer to **help** your family - like washing up without being asked!
- **Volunteer** in your community - maybe read with younger students or volunteer at your local care home
- **Be kind to yourself** - give yourself pep talks and speak to yourself as you would a friend



**What might have a negative impact on  
our mental fitness?**

# What can affect our mental health?

Pressure, exams

Relationships,  
friend groups, fitting in

Social media, bullying,  
'banter'

Feeling isolated,  
loss of a loved one,  
past experiences

# What can stop us talking about our mental health

I'm too embarrassed

I find it hard to trust others

I don't want to look weak

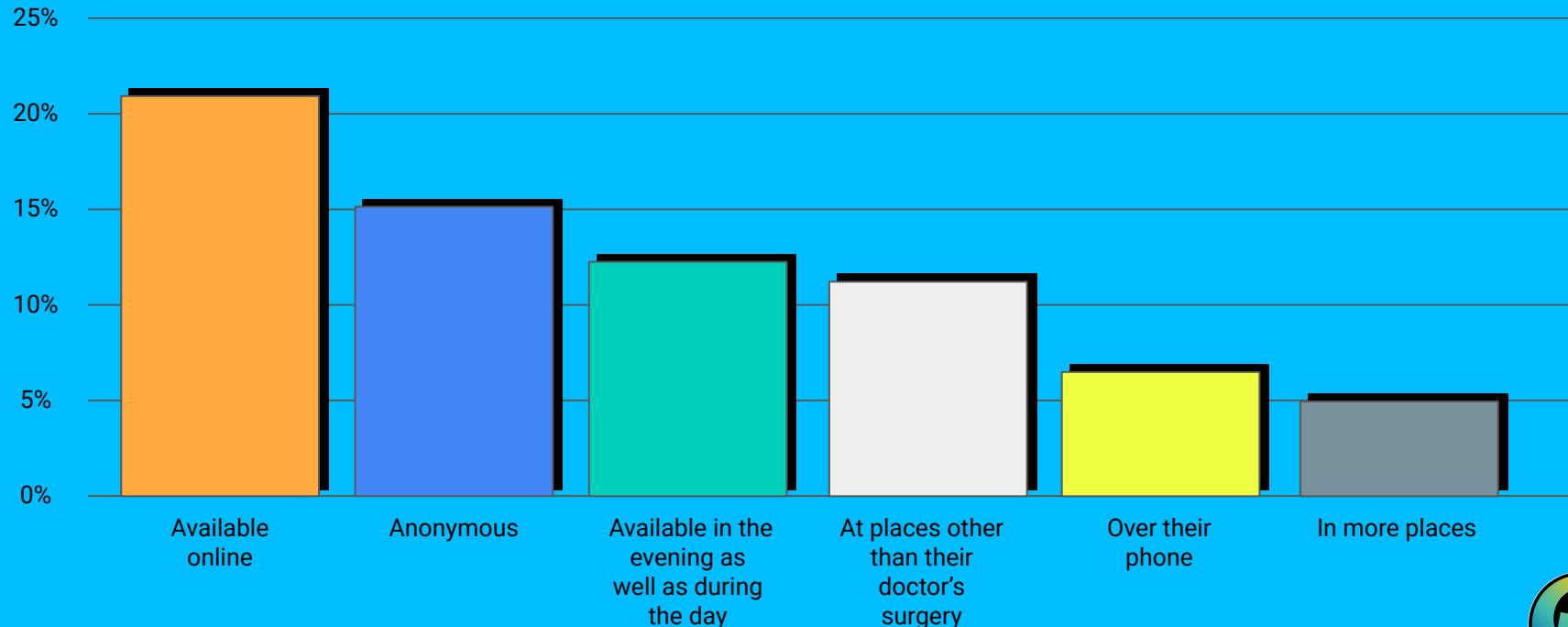
I'm scared I'll be judged

I don't know how to say how I feel

I'm worried about what might happen

I feel too nervous

The mental health charity **Mind** spoke to a group of young men and found that they'd be more likely to seek support if it was...

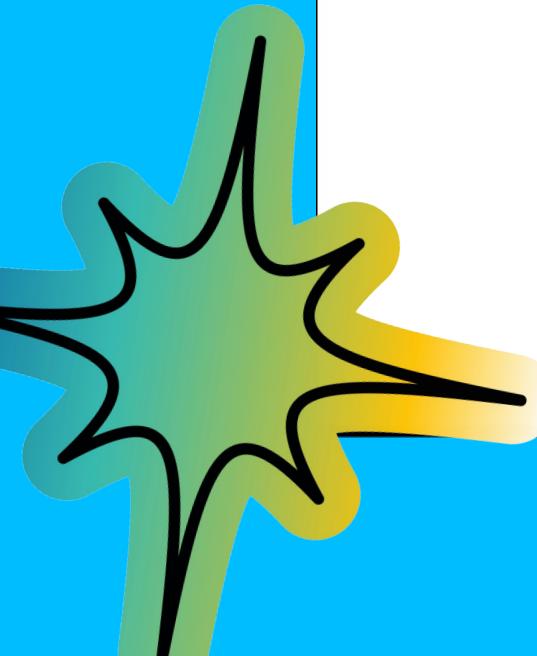


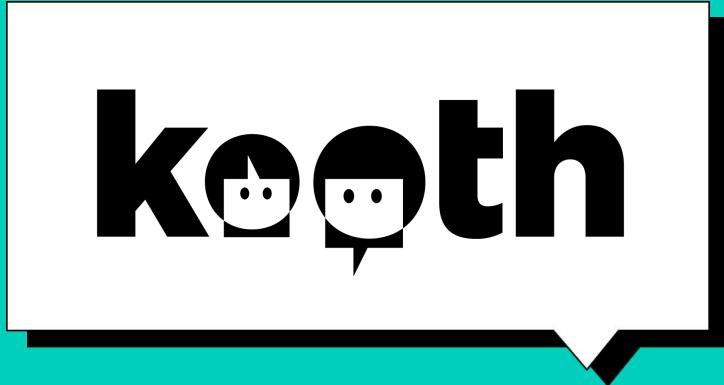
# Kooth is here for everyone, whoever you are



Whatever your gender, sexuality,  
religion, faith, ethnicity or culture,  
Kooth is here to listen

No bullying, racism or trolling  
can take place on [kooth.com](https://www.kooth.com)



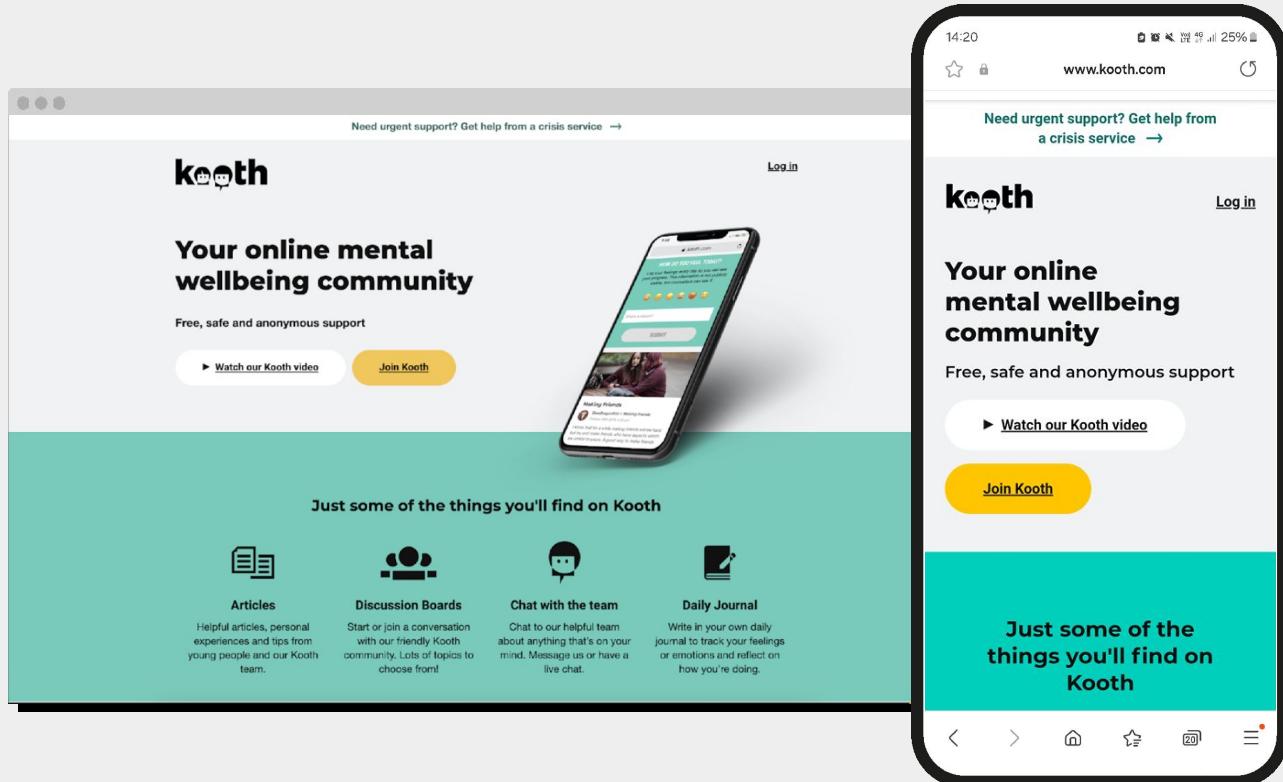


**Here's how you can use Kooth.com  
to boost your mental fitness**

# How to sign up for free (on your computer or phone)



Click on the 'Join Kooth'  
button to get started



The image displays the Kooth website and its mobile application side-by-side. Both screens show the homepage with the Kooth logo, a 'Join Kooth' button, and a smartphone displaying the Kooth app interface. The website version includes a 'Watch our Kooth video' button and a 'Log in' link. The mobile app version includes a 'Watch our Kooth video' button and a 'Join Kooth' button. The bottom of the mobile app screen shows standard iOS navigation icons.

Need urgent support? Get help from a crisis service →

Log in

www.kooth.com

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Just some of the things you'll find on Kooth

Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.

Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Daily Journal

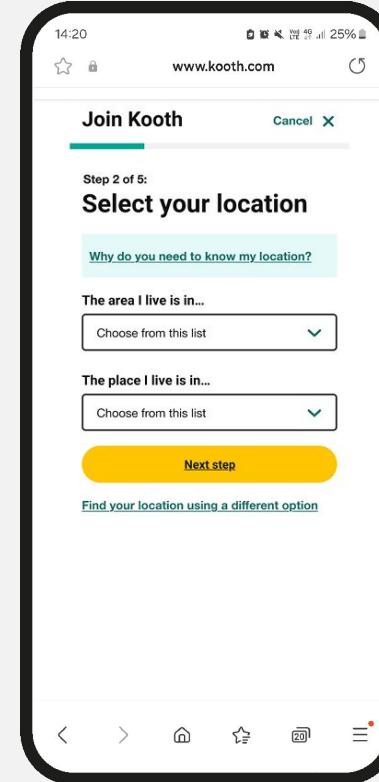
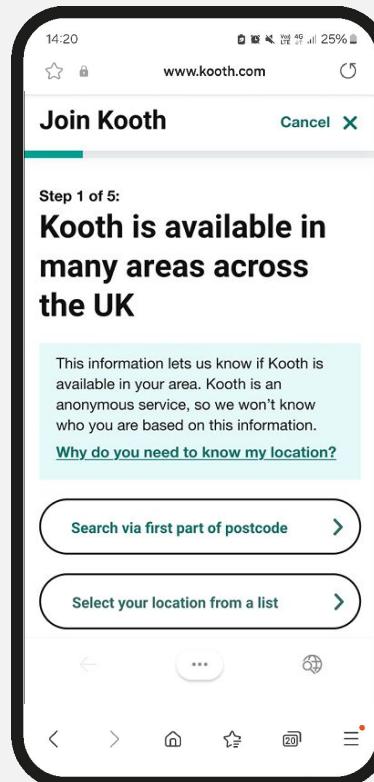
Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Just some of the things you'll find on Kooth

## Step 1

1. Type in the first part of your postcode

(or choose the town or city where you live from the drop down menu)



## 2. Choose your month and year of birth

3. However much or little you share about gender or ethnicity will not affect the support offered at Kooth

## 4. Create an anonymous (not your real name) username and secure password

Step 2

Join Kooth

Step 3 of 5: When were you born?

Kooth is only available to a certain age range

Year: Choose from this list

Month: Choose from this list

Next step

Step 3

Join Kooth

Gender

My gender is best described as

Male Female

Non-binary

Other - self disclosed

Prefer not to say

Next step

Step 4

Join Kooth

Step 5 of 5: Pick a username and password

Make sure you remember your username and password. It's the only way to access your account.

To protect your anonymity don't use real name, your date of birth or your username from another site or service.

Username

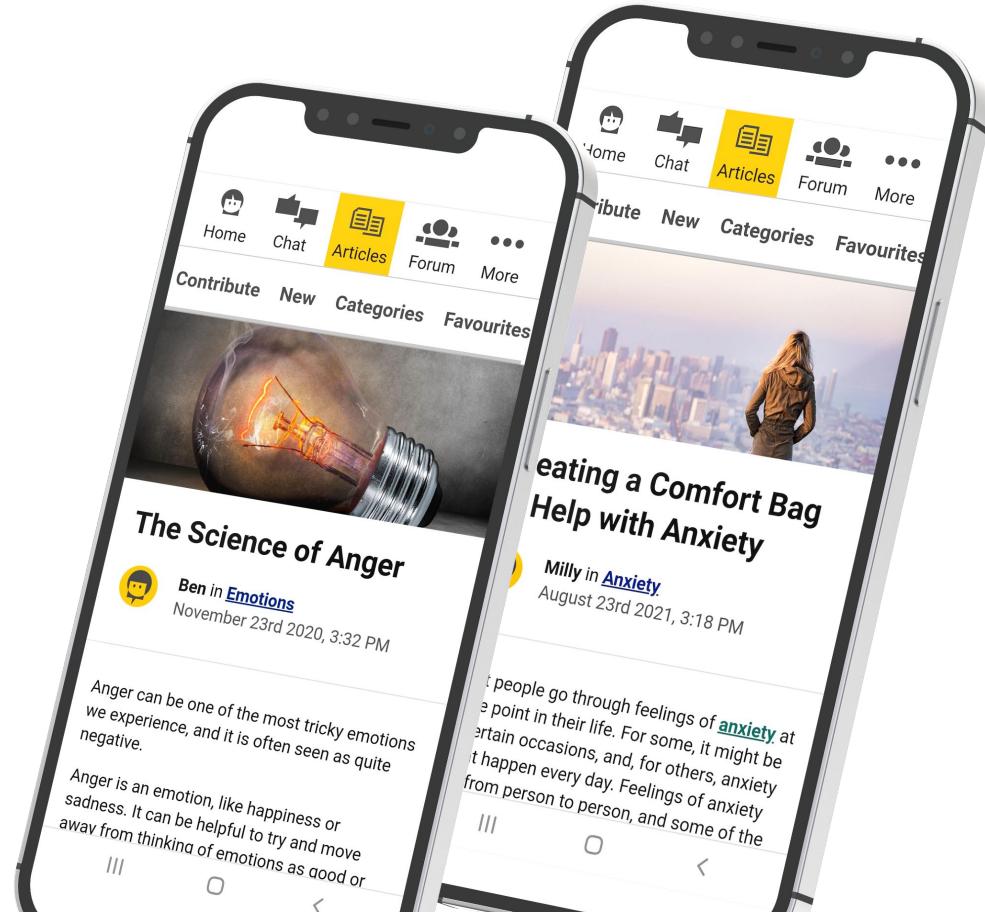
Please do not use special symbols

# You'll find loads of helpful tools:

- Try a mini activity
- Write whatever you're feeling in your own private online journal
- Set some goals you really want to achieve
- Join others like you in our monthly forums

## Did you know?

We have hundreds of articles on topics including anger, exam stress & friendship pressure



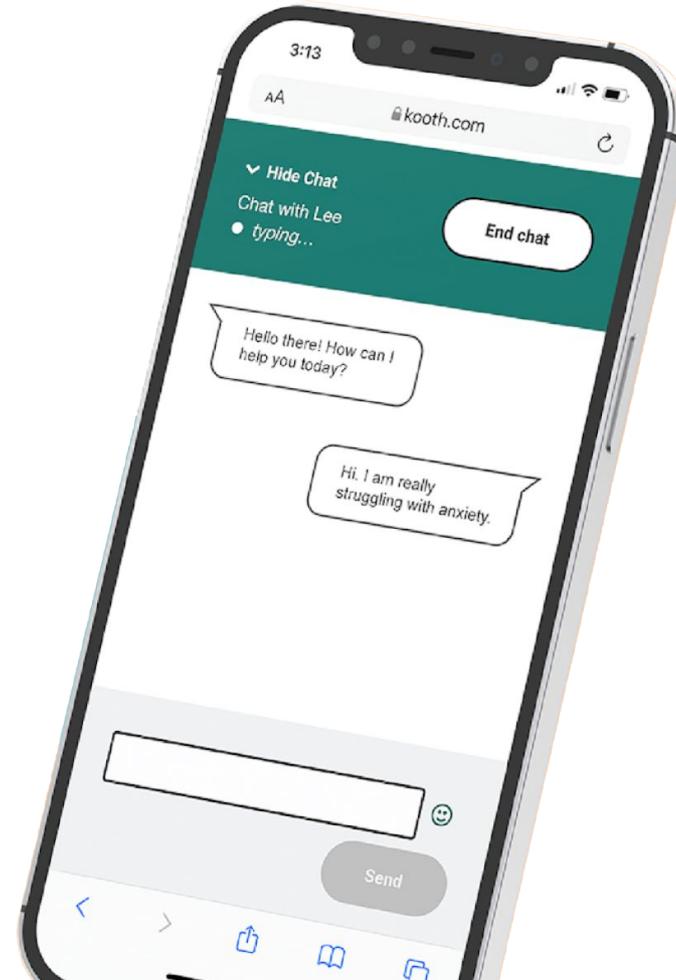
# Or come and chat to one of our friendly mental health experts

When you first come to chat, we will:

- Listen to you
- Explore how you're feeling and what's on your mind
- Think together about the best way to support you

## Did you know?

You can usually get help on the same day you need it



**Our team is here for you  
365 days a year**



**All our self help tools are available 24/7**

And you can chat with us during the following hours:

**Monday - Friday 12pm - 10pm  
Saturday and Sunday 6pm - 10pm**







**Everyone** needs support sometimes -  
and if you do, **we're here**

Free, safe, anonymous and online

**kooth.com**

Explore now!