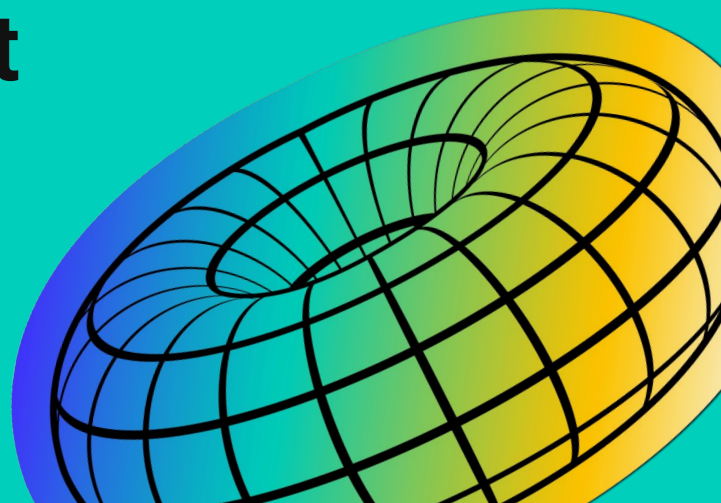


Free mental health support

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



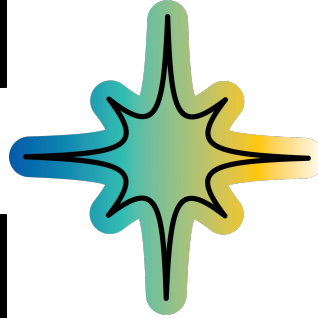
What can help us keep mentally fit?

Being active

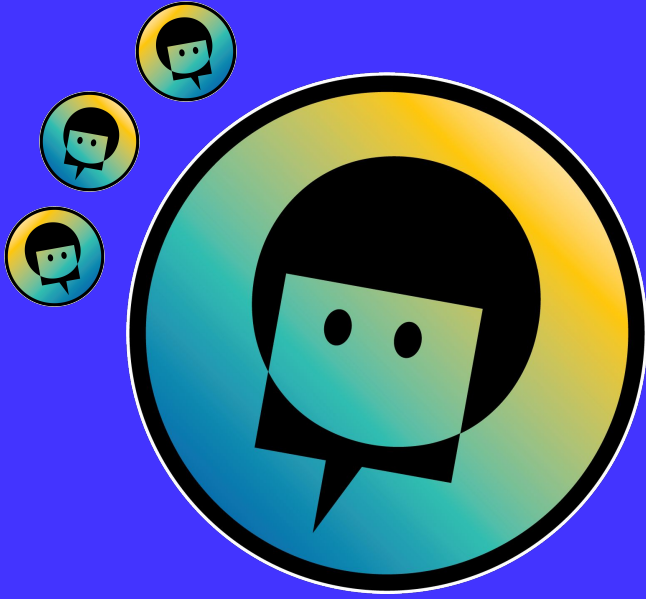
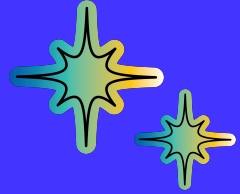
Friendships

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

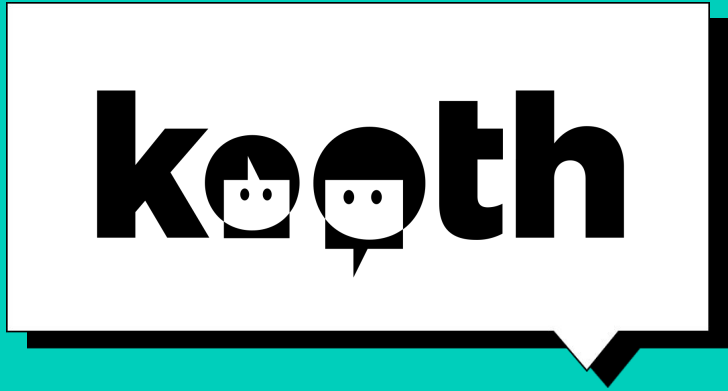
In fact it takes
inner confidence and strength of character
to be kind



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'm scared I'll be judged

I feel too nervous

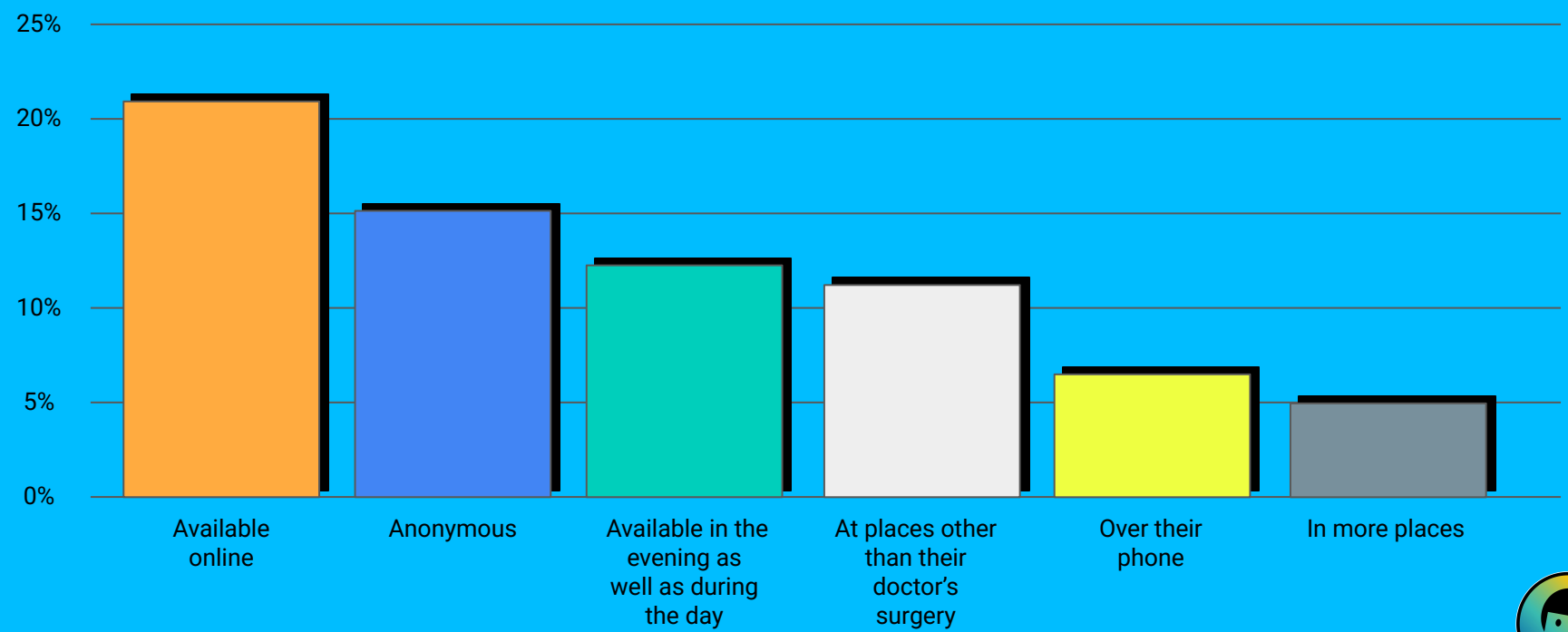
I find it hard to trust others

I don't know how to say how I feel

I don't want to look weak

I'm worried about what might happen

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...



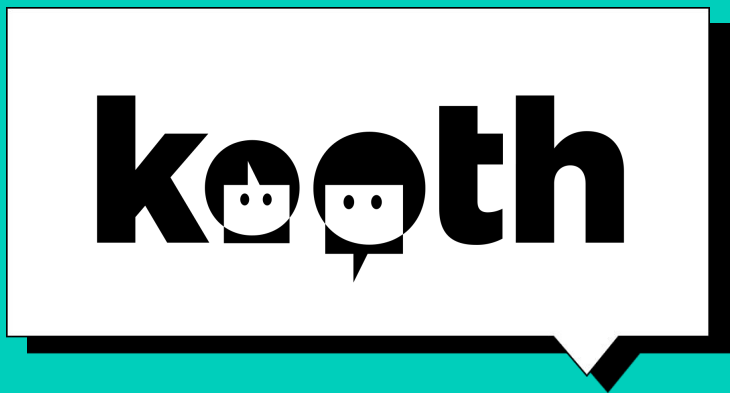
Kooth is here for everyone, **whoever** you are



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



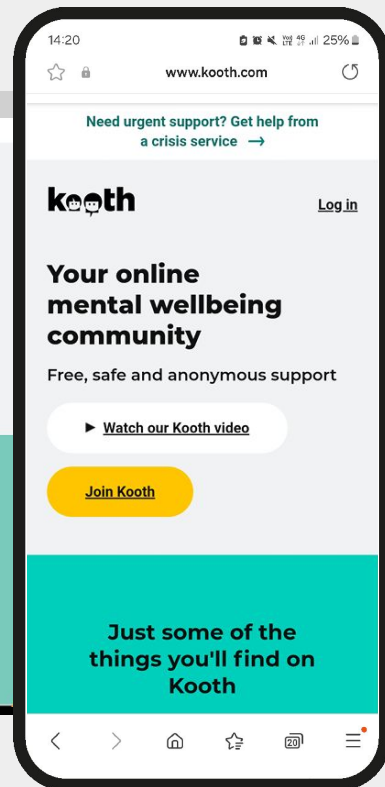
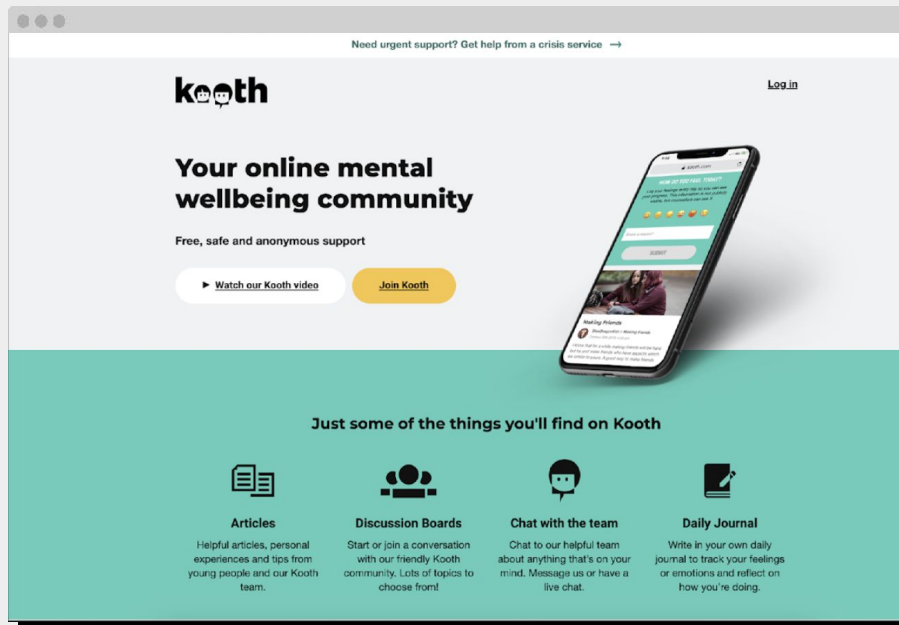


**Here's how you can use Kooth.com
to boost your mental fitness**

How to sign up for free

(on your computer or phone)

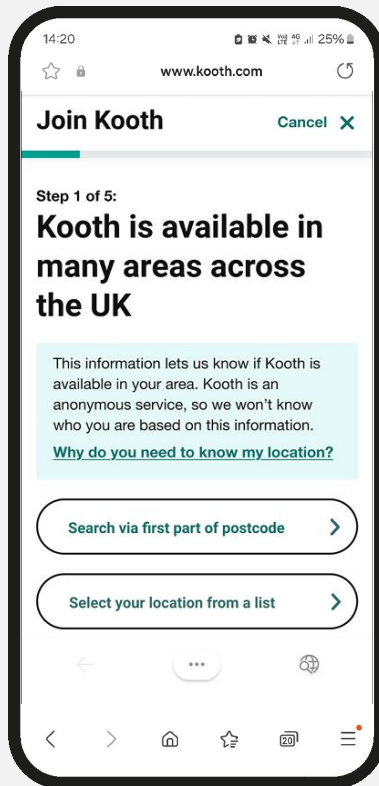
Click on the 'Join Kooth' button to get started



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)



14:20 25%

www.kooth.com

Join Kooth Cancel X

Step 1 of 5:

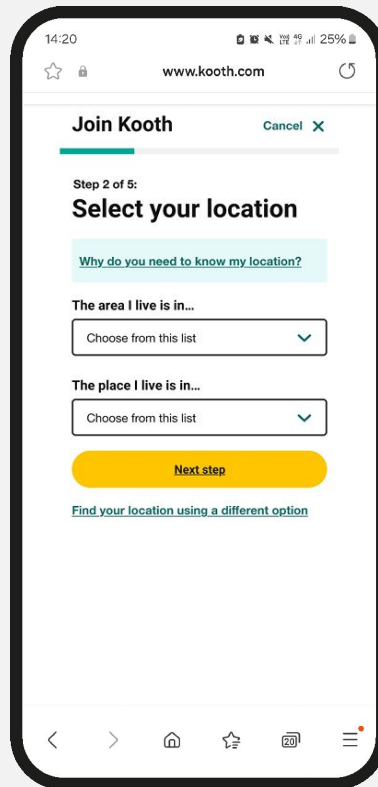
Kooth is available in many areas across the UK

This information lets us know if Kooth is available in your area. Kooth is an anonymous service, so we won't know who you are based on this information.

[Why do you need to know my location?](#)

Search via first part of postcode >

Select your location from a list >



14:20 25%

www.kooth.com

Join Kooth Cancel X

Step 2 of 5:

Select your location

[Why do you need to know my location?](#)

The area I live in...

Choose from this list v

The place I live in...

Choose from this list v

Next step

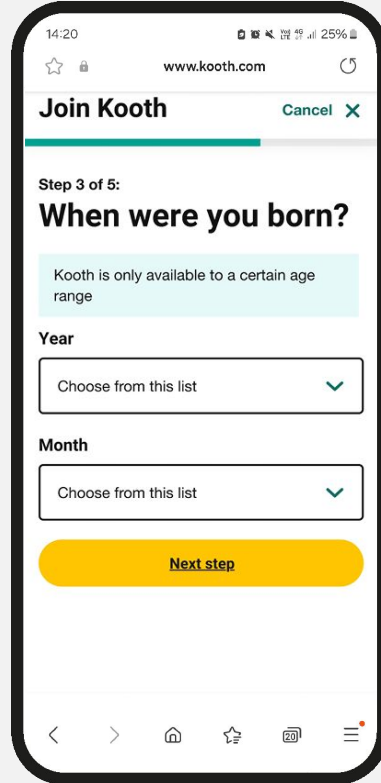
[Find your location using a different option](#)

Step 2

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



14:20 www.kooth.com

Join Kooth Cancel X

Step 3 of 5:
When were you born?

Kooth is only available to a certain age range

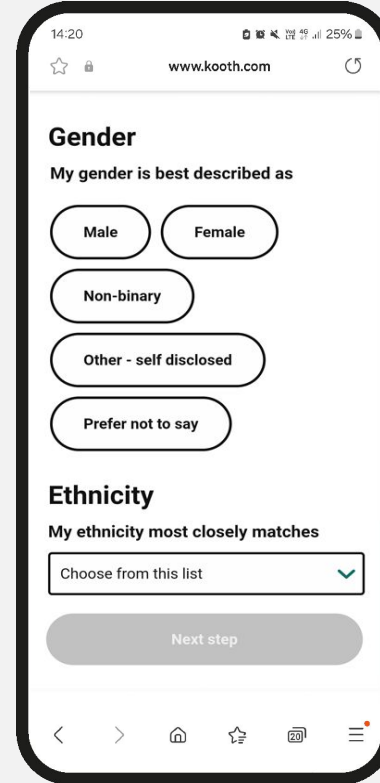
Year
Choose from this list ✓

Month
Choose from this list ✓

Next step

< > Home Favorites Recent Menu

Step 3



14:20 www.kooth.com

Gender

My gender is best described as

Male Female

Non-binary

Other - self disclosed

Prefer not to say

Ethnicity

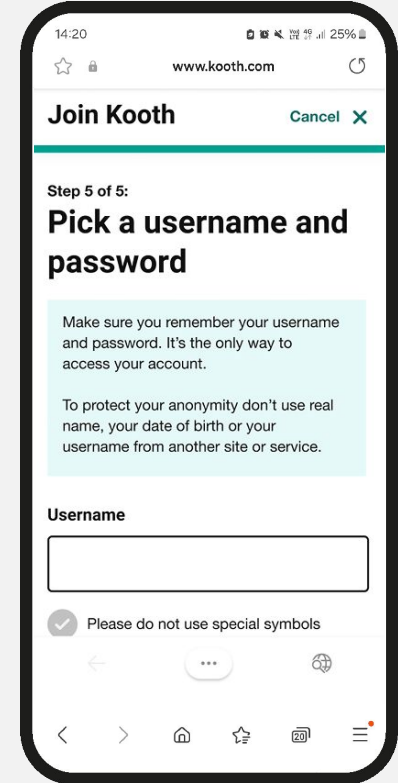
My ethnicity most closely matches

Choose from this list ✓

Next step

< > Home Favorites Recent Menu

Step 4



14:20 www.kooth.com

Join Kooth Cancel X

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
[Text input field]

✓ Please do not use special symbols

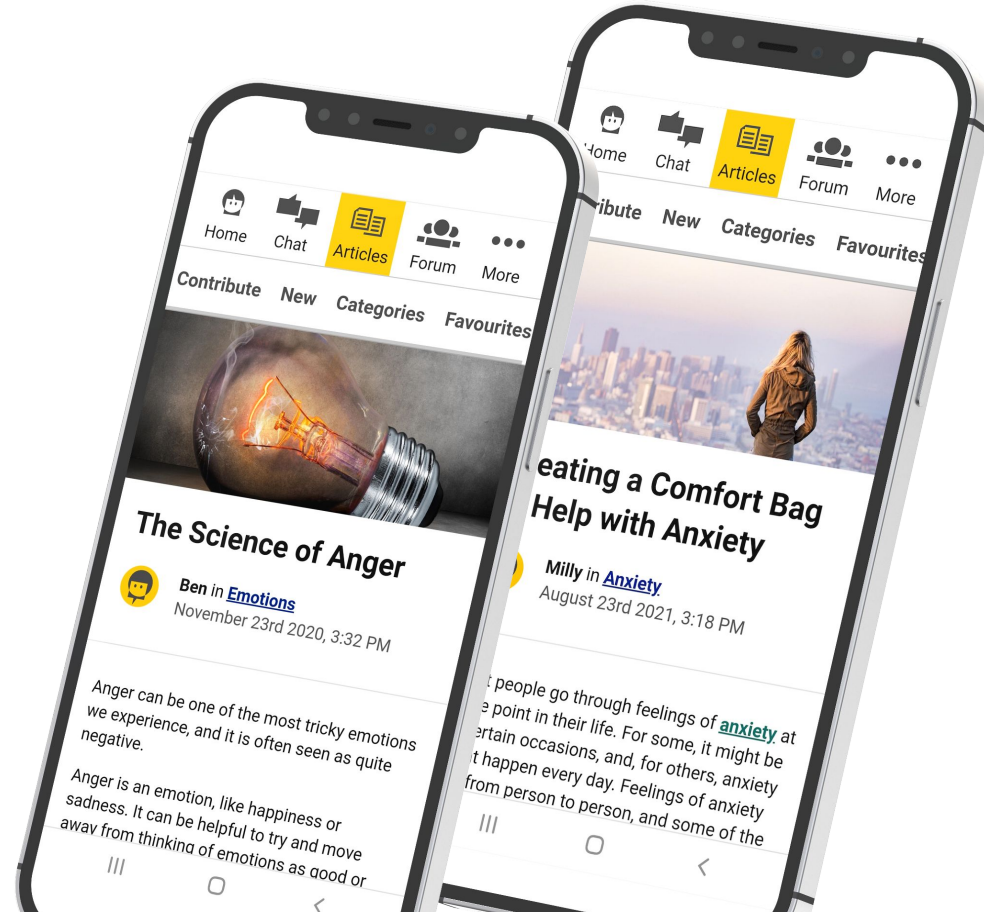
< > Home Favorites Recent Menu

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



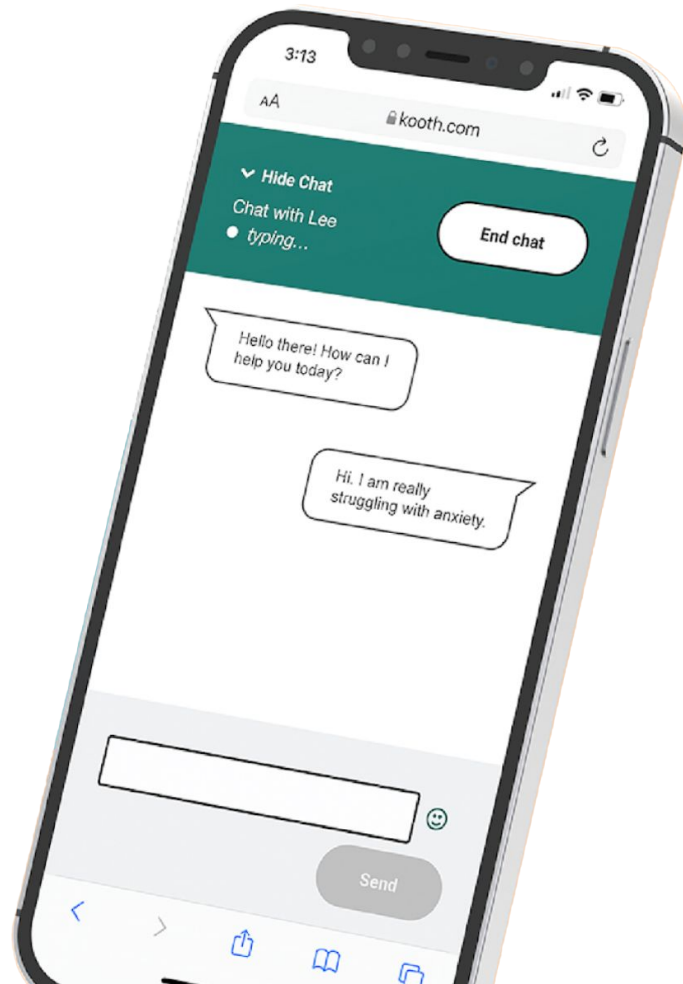
Or come and chat to one of our friendly mental health experts

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**



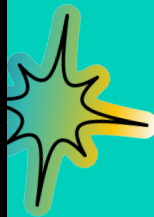
All our self help tools are available 24/7

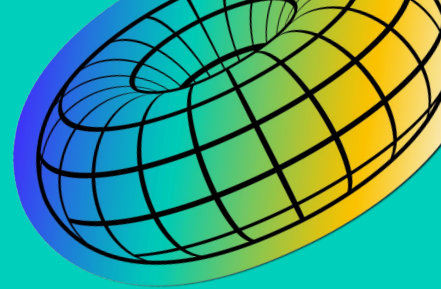
And you can chat with us during the following hours:

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!