



kooth.com

**Kooth, from XenZone, is an online counselling and emotional well-being service for children and young people, available free at the point of access.**

**When commissioned in their area, children and young people logging in can access:**



**Online counsellors 365 days a year up to 10pm, through either drop-in sessions or scheduled text-based sessions**



**Self-help materials co-produced by other young people**



**Fully moderated peer-to-peer support forums**



**Personal goal-based journal**

### **Kooth is:**

- Safe, confidential, anonymous
- Free at the point of need
- Available through a smart phone, tablet or computer

Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health.

Kooth integrates with face-to-face local services to ensure a seamless transition for young people. XenZone's team of accredited counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

XenZone works with local authorities, CCGs, mental health trusts, charities and other organisations to provide early intervention support with clear escalation and de-escalation pathways.

We take safeguarding and clinical governance extremely seriously. The safety and well-being of our users is of our utmost priority.

“Kooth is now one of my new favourite websites. It has great help and support information. Kooth has already helped me with most of my problems. Before I had an account on Kooth I didnt know who and where to go to for help with my problems”

### **Kooth User**

**85%**  
prefer online counselling to face-to-face

**97%**  
are planning on coming back soon

**97%**  
would recommend Kooth to a friend

**70%**  
log in outside of hours

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