

# Come And Explore Kooth With Us

**Kooth.com** can provide young people support to help them manage their emotions at the point of need, preventing issues from escalating. The team are online 365 days a year till 10pm.

The platform provides counselling support, peer support and self help tools. The following introductory session will provide you with a brief overview of Kooth, explaining the new activities within our self help resources, as well as a live demonstration of the service, to see what a young person experiences when they access Kooth.

To attend please register on the following link

**Monday 12th July 11.00-12.00**

<https://www.eventbrite.co.uk/e/kooth-introductory-webinar-tickets-159112256041>

**Wednesday 14th July 3.30—4.30**

[:https://www.eventbrite.co.uk/e/kooth-introductory-webinar-tickets-159113034369](https://www.eventbrite.co.uk/e/kooth-introductory-webinar-tickets-159113034369)



**kooth**

**Free online counselling support for young people!**  
Discover everything Kooth has to offer

**FREE COUNSELLING**

**DISCUSSION BOARDS**

**JOURNAL**

**SELF-HELP TOOLS**

**KOOTH MAGAZINE**

**HELP ARTICLES**

Sign up for free at **Kooth.com**

The graphic features a stylized illustration of a person in a blue coat holding a tablet, surrounded by various icons and text boxes representing different Kooth services. The background is a vibrant yellow and orange gradient.