

For ages: **11-25**

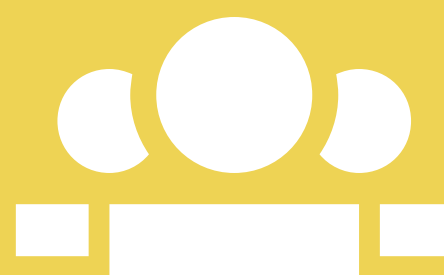
Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



### **Magazine**

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



### **Discussion Boards**

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



### **Chat**

Young people can chat with our helpful team about anything that's on their mind



### **Daily Journal**

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



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