

## Kooth mental health support

Kooth is here to support your students' mental health.

Kooth is an NHS Commissioned digital mental health service that provides free, immediate, online counselling every day until 10pm with no waiting lists. Available to young people aged 11-25. Watch the [video about Kooth](#).

### Services available with Kooth

On Kooth you will find our supportive and inclusive community, qualified counsellors and practitioners to speak to, and our self-help and wellbeing tools to utilise:

- Magazine and discussion boards
- Live forums
- Live chat with counsellors and practitioners
- Kooth journal
- GOALS tool
- Mini activities

Watch the [video about the Kooth website](#). The website is available to access 24/7, with our online counsellors available to speak to 365 days a year from 12-10pm weekdays and 6-10pm.

Kooth has no waiting lists, is a self-referral service, anonymous, and has no thresholds

See the [Kooth](#) website for more information on the programme.

#### Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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