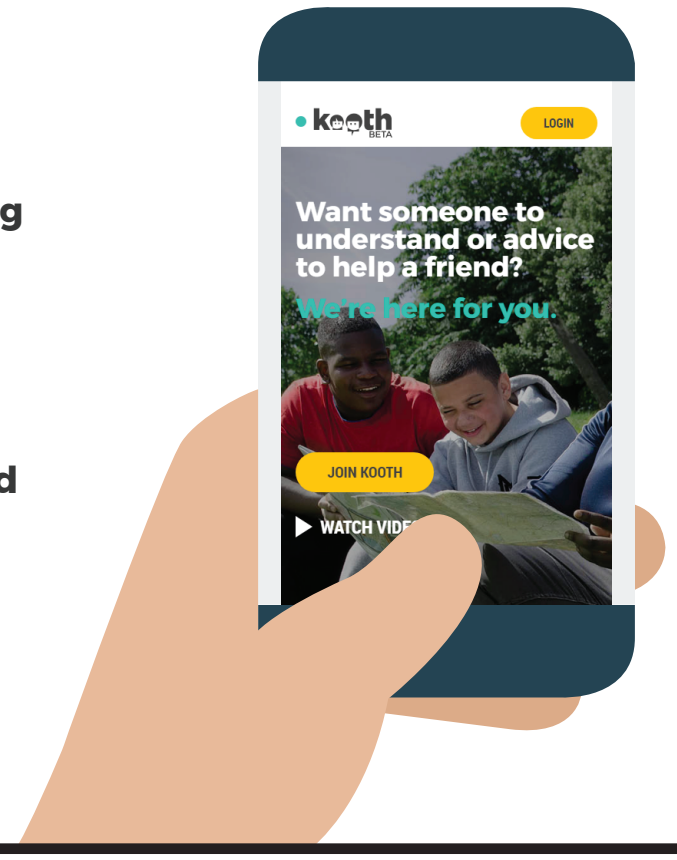
How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday

Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.

Log on through mobile, laptop and tablet.



www.kooth.com

1

Click on the **Join Kooth** button

located in the centre of the home page of the Kooth website

2

Choose from the drop down box the location you are in

The place I live is...

Choose ▼

3

Click on the gender you identify with

I am...

Male	Female
Agender	Gender Fluid

4

Choose from the drop down box the ethnicity that best fits you

My ethnicity is...

Choose ▼

5

Add the month and year you were born

I was born in...

Year Choose ▼

Month Choose ▼

6

Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7

Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose ▼

8

Click on the **Create Account** button

to complete your registration

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click the turquoise "Chat now button"

To write a message to the team, click on the mustard "message the team.

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