

# Free, safe and anonymous mental health support.



SCAN ME!



Chat to our team



Helpful articles



Community Support



Self-help activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at  
[kooth.com](https://kooth.com)

**kooth**

