



bacp | Accredited
Service

collective mark

NHS
Providing NHS services

Session housekeeping/agreement

Microphones

Cameras

Questions





Aims for the session

- Have an understanding of what Kooth has to offer
- Have an understanding on how we keep our platforms safe
- Find out how we can support young people
- Q&A



Our services that are
available in your area

Kooth Lincolnshire

*Age 11-18 (25 for care
leavers and those with
SEND)*

www.kooth.com

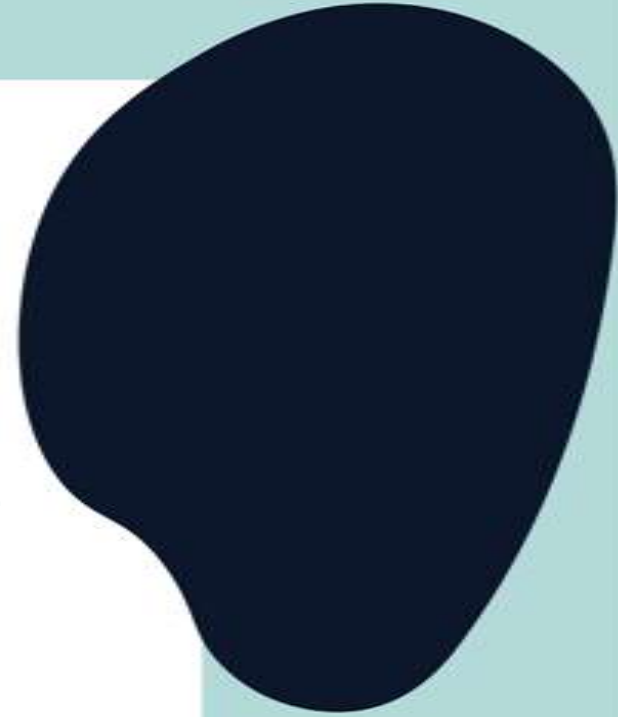


About Kooth Plc

Kooth was founded in 2001

Kooth is developed alongside our users; **22 years of experience** and development have made Kooth what it is today

Kooth are the largest mental health and wellbeing service in the country

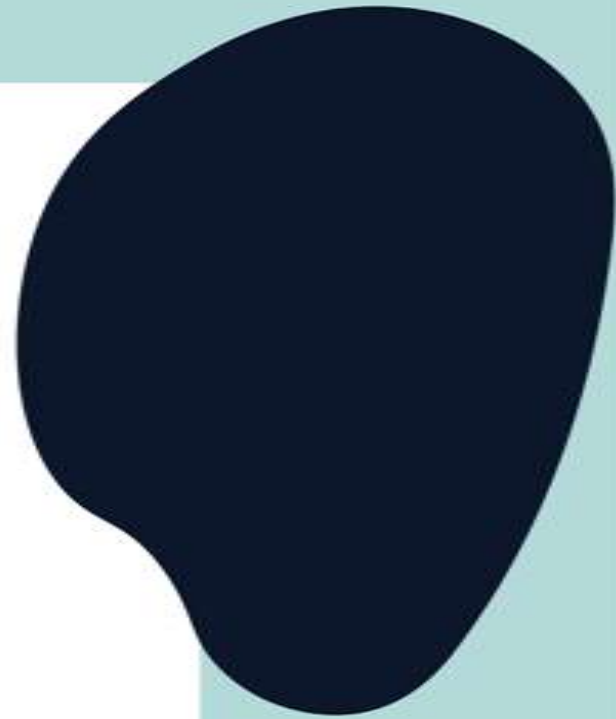


Here are some
thing we'd like
you to **always**
remember about
Kooth...





It's **completely free.**



Our service users are
anonymous to us.



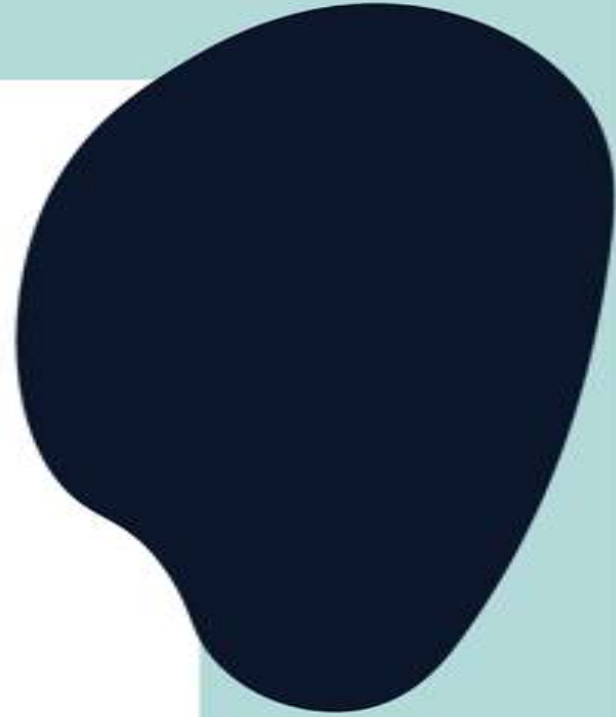
No formal referral is required.

You can **self-refer**,
online at anytime.





No bullying can
take place anywhere
on our site.



There are
no barriers
or thresholds
to accessing Kooth



No problem is ever too small at Kooth

If it's on your mind, we're here to help. Some of the feelings or difficulties we can support with could include:

- **Stress**
- **Anxiety**
- **Friendships**
- **Life at home**
- **Exam or coursework pressures**
- **Eating difficulties**
- **Loneliness**
- **Body image concerns**
- **Anger**
- **Confidence**
- **Big changes**
- **Social media**





Providing NHS services



**Real people who
want to listen
and help,
not bots**

95%

of our users would
recommend Kooth
to a friend

You can trust us



Kooth was named '**Best Newcomer**' at the European Mediscience Awards

Winner in the category of '**Tech for Good**' at the UK Tech Awards

Recognised as the '**HealthTech Pioneer of the Year**' at the UK Business Tech Awards for its role in 'Supporting the Nation's Mental health'.

Awards won in 2021



Some places a young person might hear about Kooth include:

- School or College
- University
- Local GP
- Parent or Carer
- A friend
- Local CAMHS
- Google
- Social Media

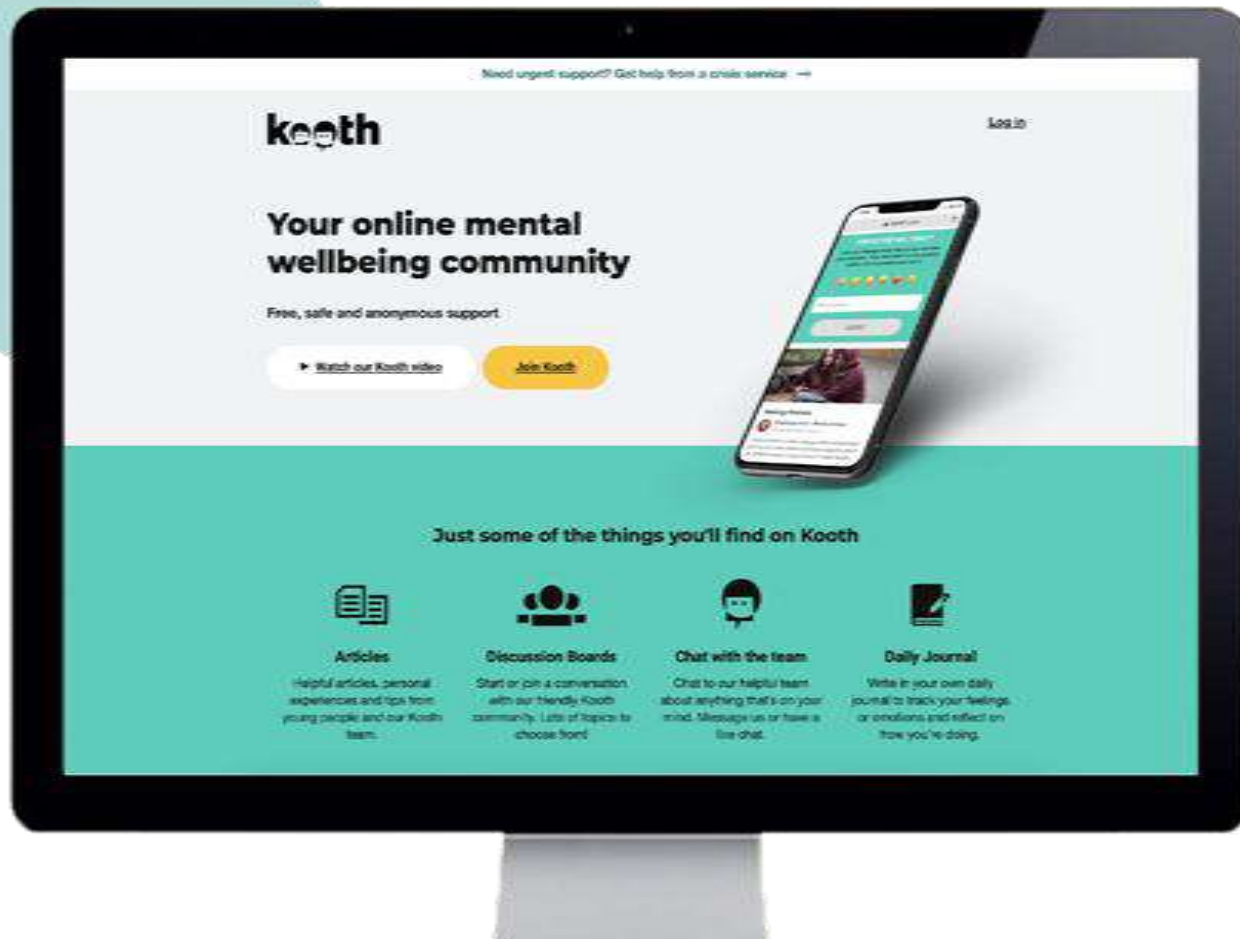


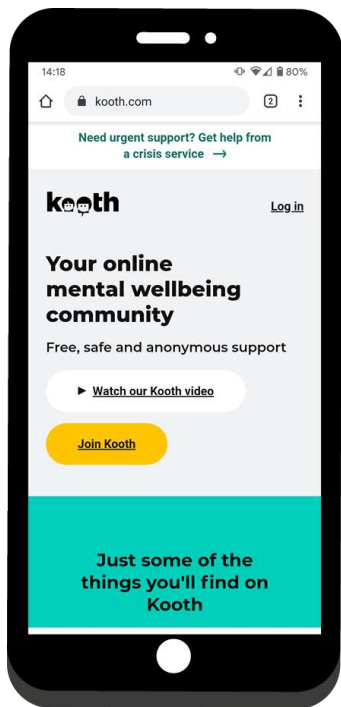
You can head over to our website at kooth.com on any internet enabled device.

As Kooth isn't an app, you won't be able to find us on any app stores.

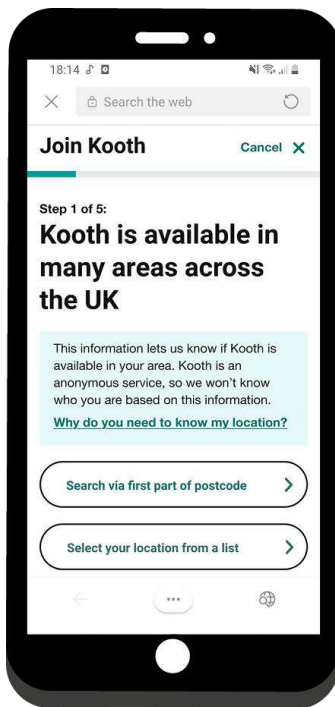


Click on the
'Join Kooth'
button to
get started



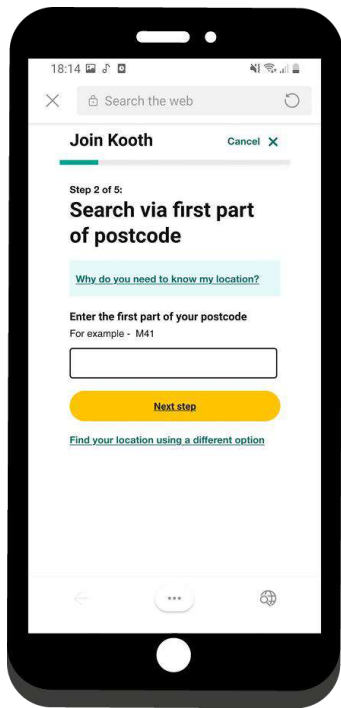


1. Select **Join Kooth**.

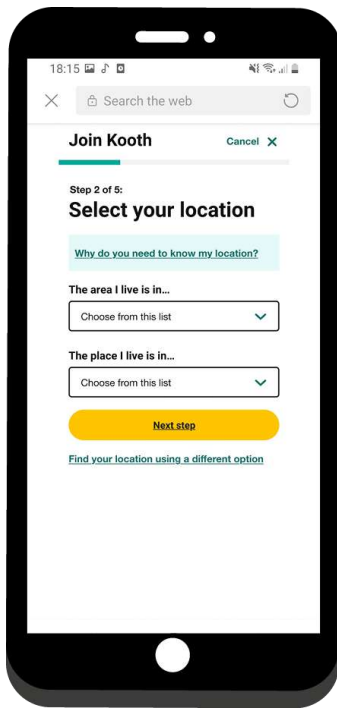


2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**



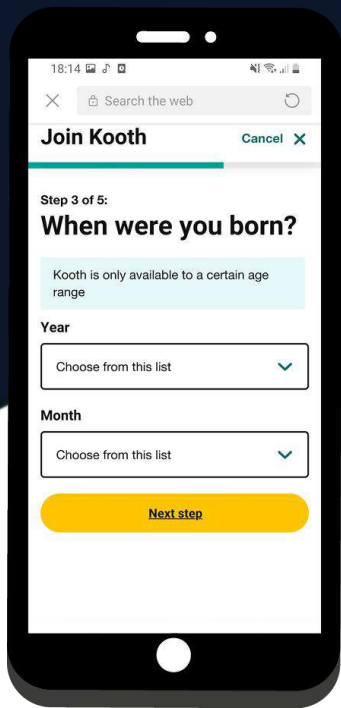
OR



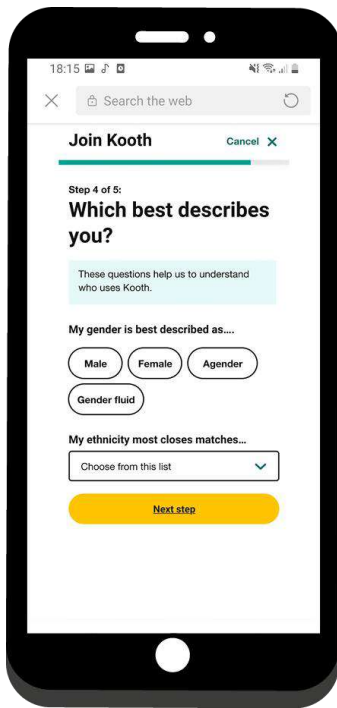
3. Enter the first part of your postcode.

4. Choose your area from the dropdown.

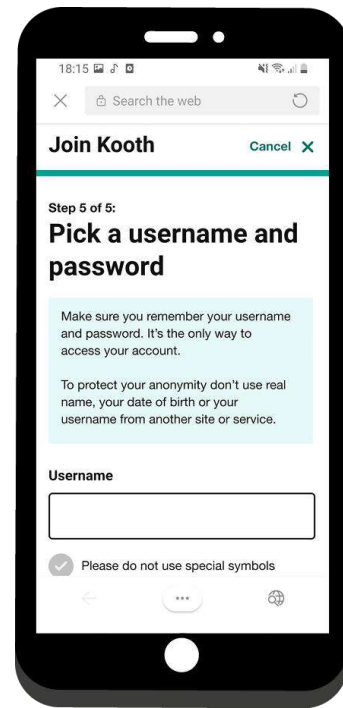




5. Select your month and year of birth.



6. Select your gender and ethnicity.



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

We offer a range of support options and the young person has **complete control** of the support pathway they enter





**Professional
Support**

**Self-directed
Support**

**Community
Support**

**Send a
message
to our
team**

**Live text-
based chat**

**Goal
Setting
and
Journal
space**

**Helpful
articles**

Activities

**Live
forums**

**Discussion
Boards**



Our team are available
365 days a year

**Live chat with us during the
following hours:**

Monday - Friday

12pm - 10pm

Saturday and Sunday

6pm - 10pm



Your first chat session

When you first come to chat, we will talk with you about:

- Understanding a little bit about you
- Exploring your current difficulties and what's brought you to Kooth
- Thinking together about the best way we can support you



We're home to a **diverse range of practitioners** that are all fully qualified to work with children, young people and adults effectively and safely.

Emotional
Wellbeing
Practitioners

Senior
Practitioners

Counsellors

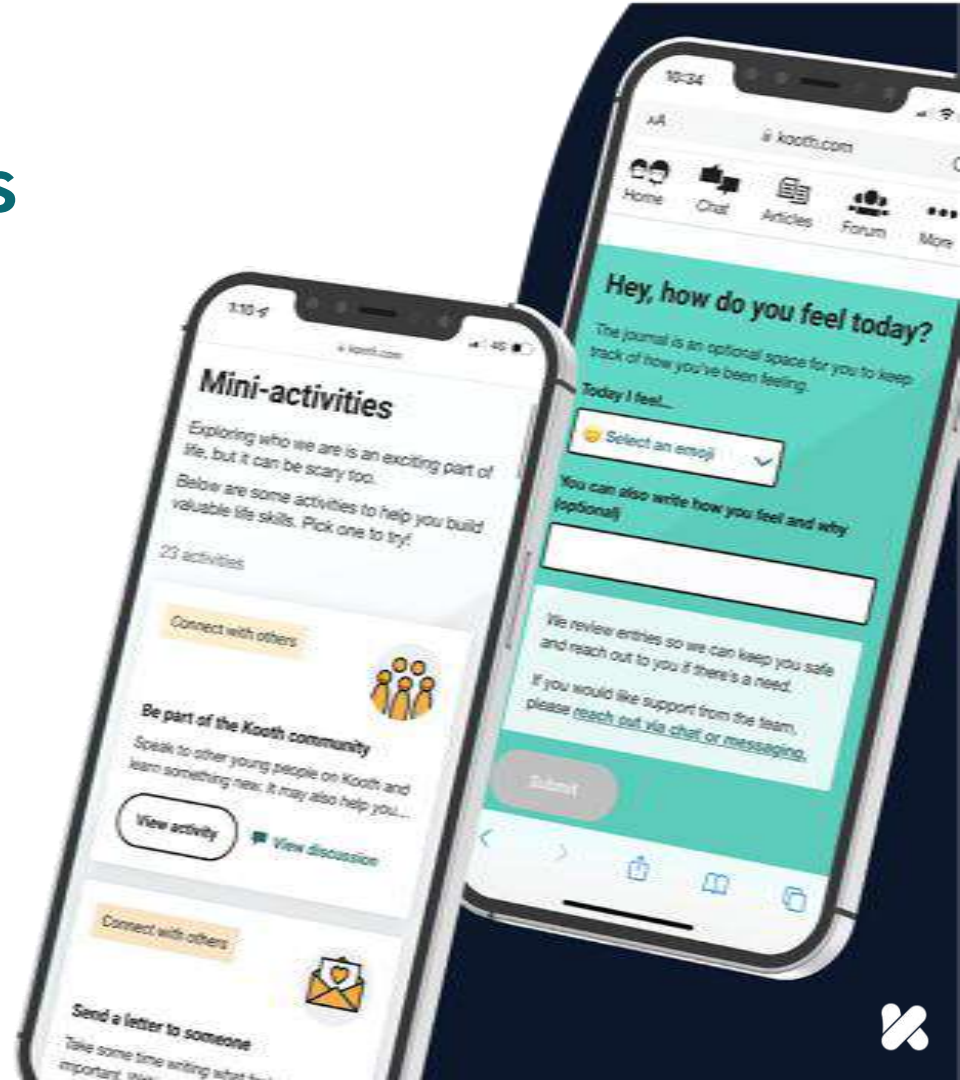


A range of **self-help tools** all in one place

**Our self-help tools can be accessed
at any time.**

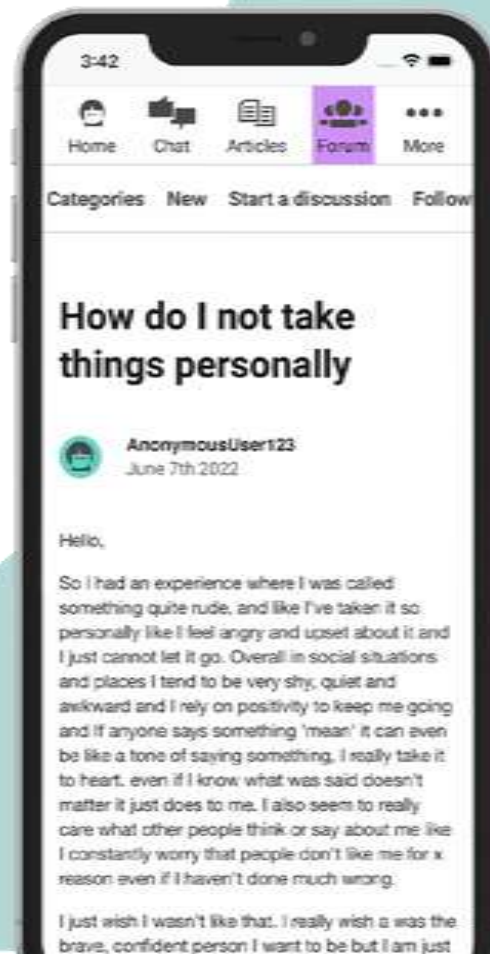
Options include:

- Wellbeing mini activity hub
- Journal space
- Goal setting



Support from other young people in our **safe online community**

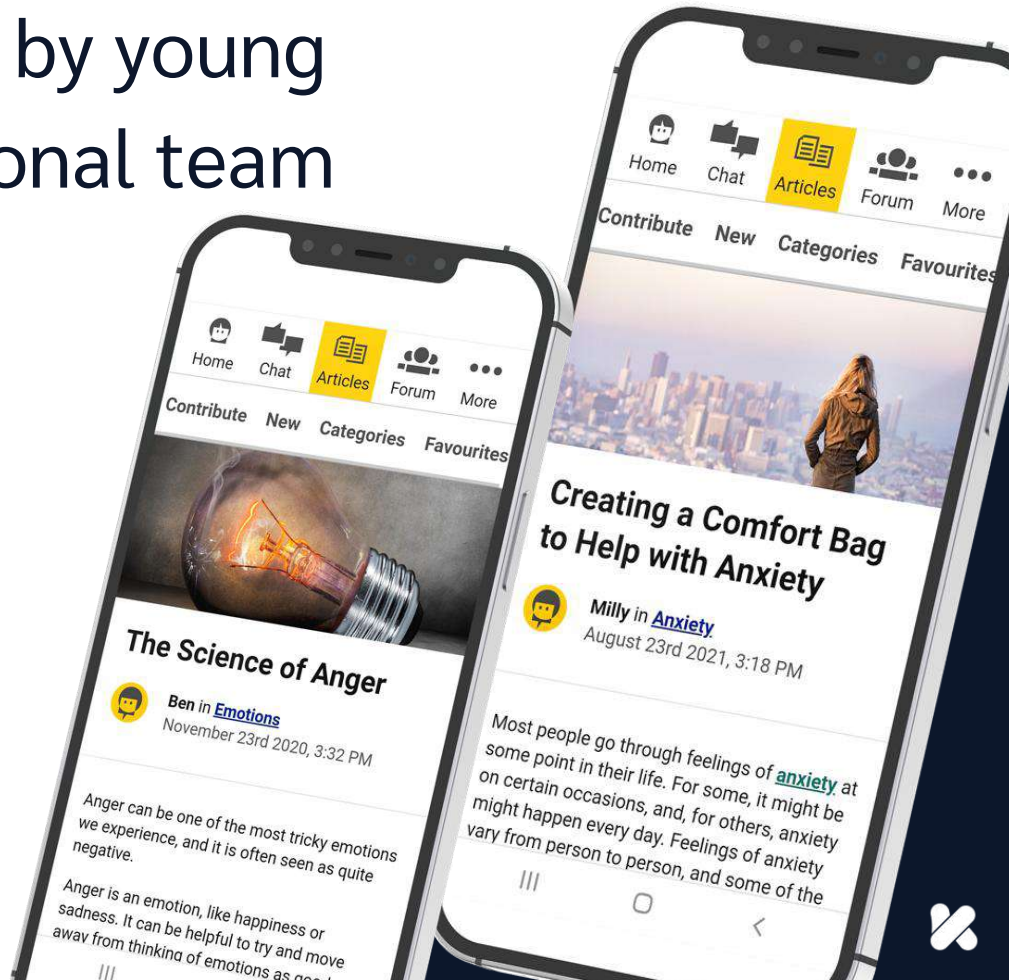
- **Join the conversation** on one of our many helpful discussion boards
- **Engage in a live forum topic** that's led by a professional member of our team



Helpful articles written by young people and our professional team

Article topics include:

- Personal stories
- Identity
- Bullying
- Hobbies and interest
- General health and wellbeing



Safeguarding is always a priority for us

At Kooth, we believe that **safeguarding is everybody's business**. It is a core value amongst all our staff.

We have clear processes for escalating safeguarding concerns, supported by our safeguarding team (**safeguarding@kooth.com**)

Where there is a cause for concern service users are encouraged to provide us with their identifiable information so we can best work with partners and other services.

We would continue to work with service users to keep them safe even if they don't give us any further details.



Adapting our approach to support young people with SEND

We recognise that many young people using Kooth may have special educational needs and disabilities.

In these events, we'll explore with them the different ways we can accommodate their needs in a person-centred and collaborative way that works for them.



Kooth can be a **helpful and vital addition**
to a young persons wider care package





Questions from parents and carers

parents@kooth.com

Enquiries about promoting us in your area

hmckeown@kooth.com