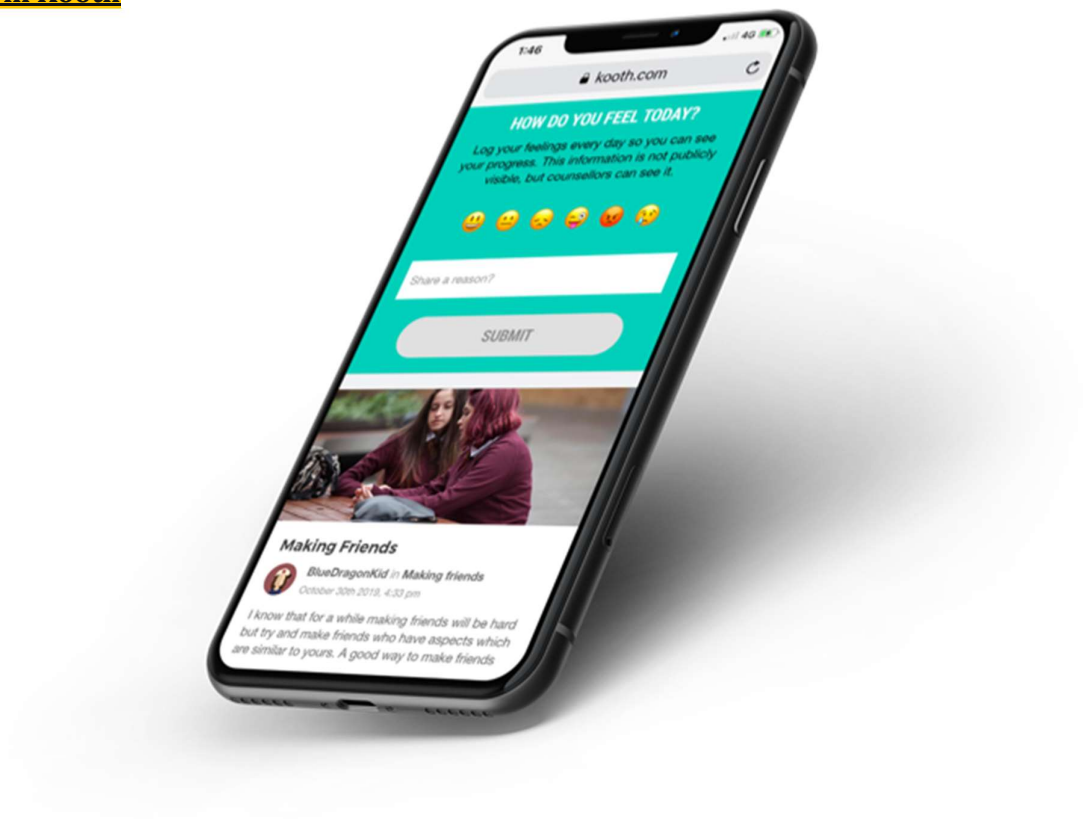
www.kooth.org **Log in**

Your online mental wellbeing community

Free, safe and anonymous support

Watch our Kooth video
Join Kooth



Just some of the things you'll find on Kooth

Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.

Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.



What our community is saying

“I really like how you can share your problems anonymously and have help from others. It makes me feel accepted and that people will not judge me.”

Our community is here to support you through anything. Big or small.

Join Kooth

Kooth PLC

Interested in the company behind Kooth? Kooth PLC is a digital mental health and wellbeing company working to provide a welcoming space for digital mental health care, available to all.

Visit our company site

- **Meet the team**
- **Privacy and safety**
- **Terms of use**
- **Accessibility**

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