

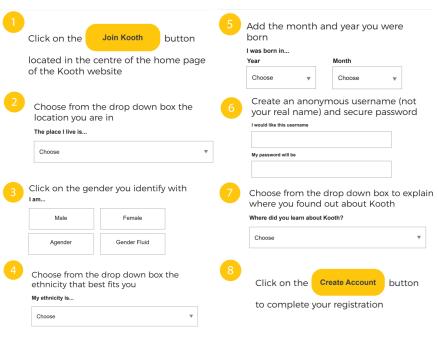
Want to talk to someone who will understand you? Are you looking for advice to help a friend? Kooth is here for you.



It's Really helped to feel like a weight has been lifted - Harry, 17

Through Kooth you can get **free**, **safe and anonymous** online counselling and support.

## To sign-up today, go to www.Kooth.com



What does "Anonymous" mean? It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

What does Kooth Offer? Through Kooth you can have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon - 10pm on weekdays and 6pm - 10 pm on weekends, every day of the year, no need to book, just click on the "chat now" button and get talking!

We understand that you might not feel ready to talk to someone about how you feel; there are lots of forums and articles you can either read, or contribute to on the website too!

There are thousands of young people like you logging into Kooth everyday, it can be nice to know that you are not alone, so check out **Kooth.com** today!

Log on through mobile, laptop and tablet.

For more information check out this video! https://vimeo.com/318731977/a9f32c87de