



Want someone to understand or advice to help a friend?

We're here for you.

Kooth.com is a free, online counselling and emotional wellbeing platform for young people in Liverpool\* aged 10 to 25.

The Kooth website allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their wellbeing. From friendship or relationship issues, family disagreements or difficult home lives, to concerns around eating, anxiety, stress, depression, self harm, suicidal thoughts etc.

Our qualified counsellors are here to give young people the support they need, when they need it. Kooth.com's live chat service is available from Monday to Friday 12 noon - 10pm, Saturdays and Sundays 6pm - 10pm and is accessible through mobile, tablet and desktop, completely free of charge.

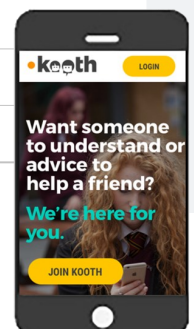
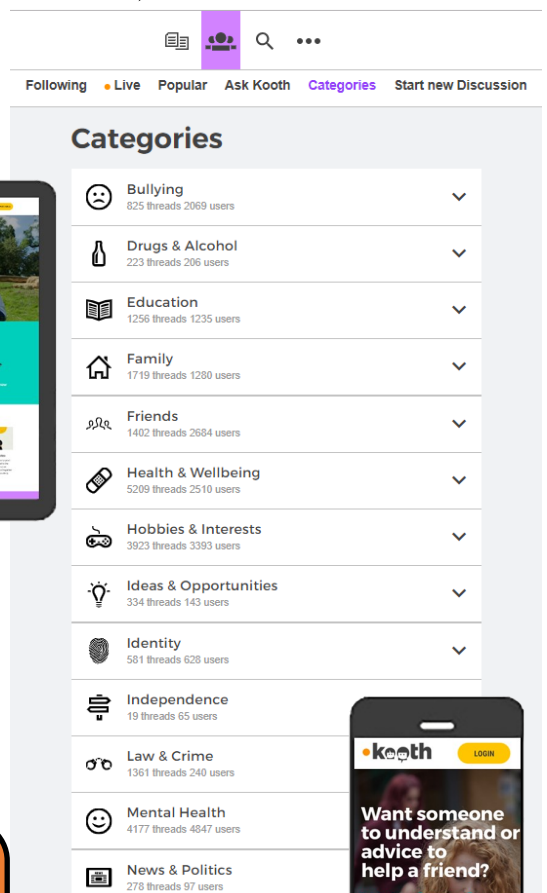
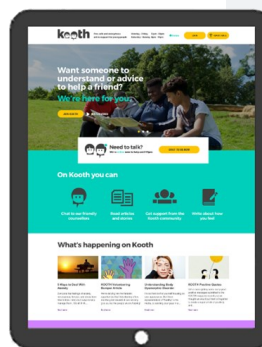
As well as being able to talk to our counsellors, at Kooth.com you can also connect with other young people in monitored forums or get self-help through our online magazine. The large variety of forum categories allows young people to anonymously share their issues and receive positive messages of advice and support from young people across the country. As our forum posts are all checked before they go live on the site we can guarantee every young person a safe and helpful experience.

"Thank you so much for supporting me and messaging me. It really does mean a lot because you are the first person really who has actually made me feel like someone cares and someone will always be there. Thanks"

Kooth user

For more information or to access Kooth, just go to Kooth.com

Professionals can contact [liverpool@xenzone.com](mailto:liverpool@xenzone.com) to speak to their local Kooth worker.



"You have helped me so much. Thank you. I can never thank you enough. I am happier than I have been in months maybe years."

Kooth user

"You have turned my life around, you have no idea of the difference you make"

Kooth user

"It was so easy to talk about things. I feel like I can completely be myself and be true without being judged."

Kooth user

\*Kooth.com is available in other areas in the UK