

Come And Explore Kooth With Us

The following virtual sessions will provide parents and carers with:

- *An overview of Kooth and how we support young people's mental health and wellbeing*
- *A live demonstration of the service*
- *A Q&A to ask us anything you want to know about Kooth*

To attend please register on the following links.

[Thursday 21st January @ 11am-12pm](#)

[Wednesday 27th January @ 6-7pm](#)



kooth

Free online counselling support for young people!
Discover everything Kooth has to offer

FREE COUNSELLING

DISCUSSION BOARDS

JOURNAL

SELF-HELP TOOLS

KOOTH MAGAZINE

HELP ARTICLES

Sign up for free at **Kooth.com**

The graphic features a stylized illustration of a person in a blue coat holding a tablet, surrounded by various icons and text boxes representing Kooth's services: 'FREE COUNSELLING', 'DISCUSSION BOARDS', 'JOURNAL', 'SELF-HELP TOOLS', 'KOOTH MAGAZINE', and 'HELP ARTICLES'. The background is a vibrant yellow and orange.