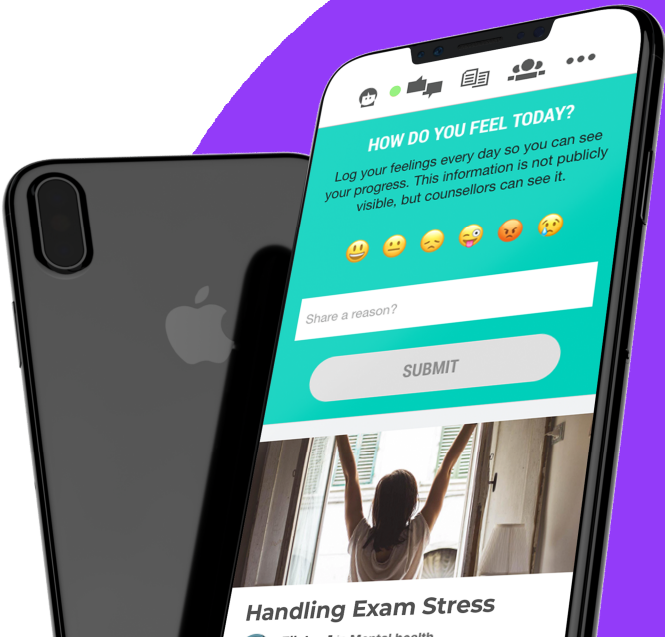
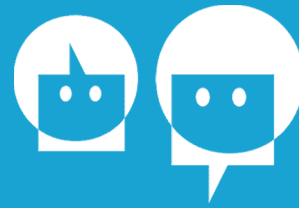


About Kooth

- Kooth is a service of Xenzone, which was founded in 2001 to help break down the stigma attached to mental health services
- Works across the country in 100+ different local authorities– provides mainly online service (Kooth), but also blended services (face-to-face AND online).
- Kooth is our flagship service, that has won awards for delivery. It works best as fully integrated service, it also provides gateway to other services (inc. f2f counselling)
- Kooth attracts 'hard to reach' and 'under the radar' young people
- It is able to support over 65,000 young people each year through its variety of support tools

Online counselling & well-being support

- Young people can sign up themselves – no referral needed
- Text based – live or asynchronous messaging
- Offers a range of therapeutic tools and activities
- Open 365 days a year
- 12-10pm weekdays, 6-10pm weekends



kooth

It's free, safe and **anonymous.**

HOW DO YOU FEEL TODAY?
Log your feelings every day so you can see your progress. This information is not publicly visible, but counsellors can see it.

Share a reason?


SUBMIT

Handling Exam Stress



Kooth helps with:
Stress





Kooth helps with:
Anything.

Anything that's making you feel worried is worth talking about.



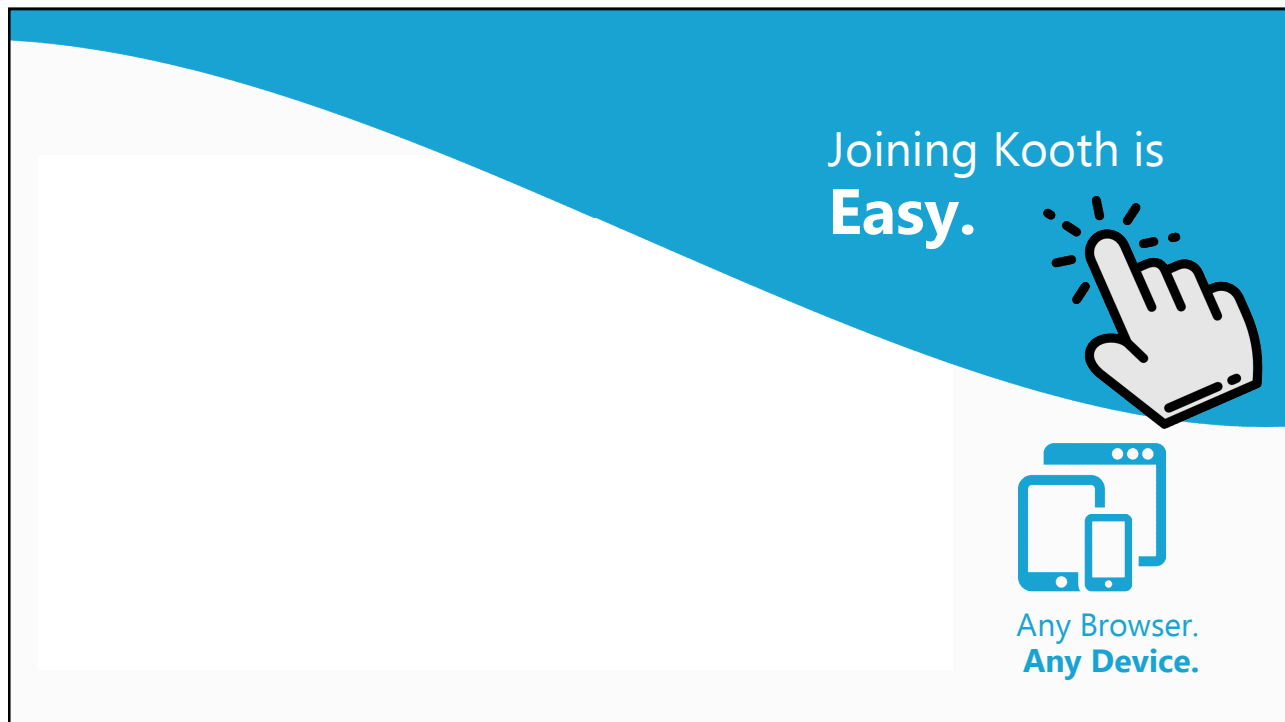
365
days

**When are our
counsellors
online?**

Monday - Friday
Afternoons & Evenings

Weekends
Evenings

Full counselling hours are on the homepage




Password:

☐ password

☐ F(3&4H%%eb@2Dk

☒ K00th345!

a tip from our friendly counsellors:
**Make your password
unique, but easy to
remember!**




k00th

“Kooth offers so much more than just speaking to a counsellor. The community is always online, and there’s other young people that will be there to help you. **You’re never alone, don’t be afraid to speak up.**”



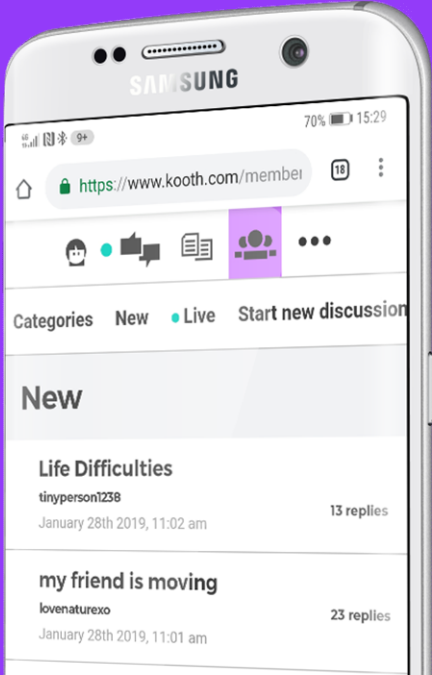
Kooth Magazine

- Posts include anything from personal stories, to creative writing and advice on how to get through a hard time
- Explore articles written by experienced professionals
- Contribute to the magazine, or read other young people's posts!



Kooth Forums

- Browse through posts on many different topics, both serious and fun!
- Give or receive support from others in similar situations to you
- Connect with others in themed live forums



“I know that I can talk to people on here and there are people that relate to me and are going through the same things as me”

Get involved in the Kooth community!

Both the magazine and forum are there to help young people **just like you** to better **support each other**.

Regardless of your background, you'll find **something in common** and **something to share!**

CBT and self help resources

ALTERNATIVE THOUGHTS & ACTIONS		
1. Dark or Distressing Thoughts	2. Alternative Thoughts	3. Alternative Actions
What are the thoughts (words, images, memories) that made me feel distressed?	What I will tell myself (as reasonable alternatives to the distressing thoughts):	What I have done in the past that helped:
	What would I say to a close friend who was feeling this way?	My coping resources:
		What I will do to help calm and soothe myself:
4. Call for help (if still necessary)		
If I still feel overwhelmed and out of control, I will I call, and/or go to:	Coping statements, positive self-talk:	What I can I do for the next 20 minutes (and give it my full attention):
E.g. Friend / relative, Health professional, Helpline (Samaritans 08457 90 90 90), A&E, 999	What can I tell myself that will make me feel better, or remind myself of good things about me, my life, the future?	To help me cope, I can choose to do things for 20 minutes at a time. If nothing helps, then I can go to step 4

CoreYP assessment tool

Schedule

Team Schedule

Messages 6

Service users

Triage

MODERATION

Discussion boards

Articles

Goals

ADMINISTRATION

Workers

Customers

Contracts

Agencies

GO BACK

END CHAT (0:20)

Shared questionnaire: ClinicalQuestionnaireCoreYp 05 Sep-19 5:21PM

😊 | Share | ➤

CASE NOTES

QUESTIONNAIRES

JOURNAL

GOALS

ISSUES

Type

Source

Score

Date ↓

CoreYP

Chat

05-Sep-19 5:21PM

I've felt edgy or nervous

I haven't felt like talking to anyone

I've done all the things I wanted to

I've felt able to cope when things go wrong

I've felt unhappy

I've thought of hurting myself

It's been hard to go to sleep or stay asleep

My problems have felt too much for me

My thoughts and feelings distressed me

There's been someone I felt able to ask for help

EOS

Chat

22-Aug-19 6:00PM

CoGS

CASE NOTES
QUESTIONNAIRES
JOURNAL
GOALS
ISSUES

< 1 2 > | Showing 1 - 3 of 4

Complete	Score	Goal
Complete	10	Ima set a goal to add to the list
Application *		Category
Kooth		Emotional regulation
Complete	10	to be happy
Application *		Category
Kooth		Feeling happier
Complete	10	To read the information send on Sleep Routines.
Application *		Category
Kooth		Self-help, self-care

+

Chat with a Counsellor

YOUR GOALS
SCORE

Use Music to help you calm down when you are angry. 7 - +

Ima set a goal to add to the list 10 - +

to be happy 10

To tell my Mum about the bullying in school. 2 - +

Talk to Helen again 1 - +

To read the information send on Sleep Routines. 10

Send a message...

End of session feedback questionnaire

Carrier 22:33 80%

Session Feedback

I felt heard, understood and respected

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

What we talked whas important to me

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

The person helping me was a good fit for me

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

Overall the session was right for me

I AGREE A LOT I AGREE A LITTLE DON'T AGREE

Building more evidence bases

		0	1	2	3
1	I feel sad or empty	Never	Sometimes	Often	Always
2	Nothing is much fun anymore	Never	Sometimes	Often	Always
3	I have trouble sleeping	Never	Sometimes	Often	Always
4	I have problems with my appetite	Never	Sometimes	Often	Always
5	I have no energy for things	Never	Sometimes	Often	Always
6	I am tired a lot	Never	Sometimes	Often	Always
7	I cannot think clearly	Never	Sometimes	Often	Always
8	I feel worthless	Never	Sometimes	Often	Always
9	I feel like I don't want to move	Never	Sometimes	Often	Always
10	I feel restless	Never	Sometimes	Often	Always

Symptom, impact, feedback, goal and global tracking.

Case notes

Worcestershire

Ethnicity

Age 12

Risk

Safeguarding

Agencies

Safety plan

Status

Named counsellor:

Chats

1 2 3 > Showing 1 - 5 of 14

16-Aug-19 19:15 - 20:16 Archived

Kooth

Read Transcript

9-Aug-19 19:15 - 20:14 Archived

Kooth

Read Transcript

11-Apr-19 20:01 - 21:06 Archived

Kooth

Read Transcript

4-Apr-19 20:00 - 21:05 Archived

Kooth

Read Transcript

31-Mar-19 19:04 - 20:03 Archived

Kooth

Read Transcript

CASE NOTES QUESTIONNAIRES JOURNAL GOALS ISSUES

1 2 3 4 5 > Showing 1 - 5 of 22

Clinician

Type

Date

Actioned

Note

16-Aug-19 8:24PM

☐

- DURATION - 1 hour, Chat 2/6
- BACKGROUND - Lives with parents
- PRESENTING ISSUES - Anxiety / stress / worry
- RISK & RISK ASSESSMENT - None present
- INTERVENTION - Explored clients feelings of anxiety, she worries about past events and also about future events such as herself or others dying - in a general we all have to die at some point way. Explored what she had tried in the past as she stated mum and dad are supportive. She finds that she can approach them with worries and if she cant verbalise them she will txt her parents to let them know what her worries are.
- SUPPORT - Parents are very supportive, has attended CHUMS in the past which she benefited from

Signposting

Organisation	Contact name	Details	National
Youth Group/projects Anti Bullying - Rob(1871)	Rob	Aik Saath is a charity dedicated to sup...	No
Youth Groups: Howardian Youth Club - Howardian Youth Club(247)	Howardian Youth Club	Howardian youth centre provides a wa...	No
Youth groups: Lincoln City Sport and Education Tru - Damon Parkinson(609)	Damon Parkinson	Lincoln City FC Sport & Education Tru...	No
Youth groups: MEND - wirralmend@live.co.uk(337)	wirralmend@live.co.uk	MEND is a FREE, fun after-school club...	No
Youth groups: NGYmyplace - N/A(551)	N/A	YP Centre, one stop shop for health & ...	No

Kooth is free, safe and
anonymous.

- Everything is pre-moderated and confidential
- No personal details or real names
- All the counsellors are trained, qualified and are used to working with young people
- If you needed, we would talk to you about face-to-face services as well as talking to us online



**Everyone needs support
sometimes - and if you do,
Kooth is here.**

kooth.com