

kooth

“

Kooth is now one of my new favourite websites. It has great help and support information. Kooth has already helped me with most of my problems. Before I had an account on Kooth I didn't know who and where to go to for help with my problems.

”

Kooth user



Online Counsellors available 365 days a year, up to 10pm, through either drop-in sessions or scheduled, text-based sessions



Self-help materials and resources, co-produced by other young people



Fully moderated, peer-to-peer support forums



Personal, goal based journal

Hi there Barking and Dagenham, Havering and Redbridge, Parents and Carers!

We hope you are all safe and well and adjusting to these strange and difficult times. [Kooth.com](https://www.kooth.com) is a free, safe, mental health and well-being service, commissioned by Barking and Dagenham, Havering and Redbridge CCG, to support children and young people between 11 and 18 (up to their 19th Birthday) years of age.

We know that for many people this is an incredibly challenging time and unfortunately, national statistics for mental ill health in young people is increasing as a consequence of Covid-19 closures and isolation, but [Kooth.com](https://www.kooth.com) is here to support your child.

Kooth is:

- Safe, confidential, anonymous
- Free
- Available through a smart phone, tablet or computer

Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health. Kooth integrates with face-to-face local services to ensure a seamless transition for young people.

XenZone's team of experienced and accredited counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

XenZone works with local authorities, CCGs, mental health trusts, charities and other organisations to provide early intervention support with clear escalation and de-escalation pathways.

We take safeguarding and clinical governance extremely seriously. The safety and well-being of our users is of our upmost priority.

85%

prefer online counselling compared to face-to-face

97%

are planning on returning to Kooth soon

97%

would recommend Kooth to a friend

70%

login outside office hours

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[Kooth Video](#)
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