



For ages: **11-18**

Kooth is an **online mental wellbeing** community for young people

Here are some of the features you can access on Kooth:



Magazine | The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat | Chat with our helpful team about anything that's on your mind



Daily Journal | Use your daily journal to track feelings or emotions and reflect on how you're doing



Wellbeing Activities | Find activities that support your wellbeing and help to build valuable life skills



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