



**bacp** | Accredited  
collective mark Service

**NHS**  
Providing NHS services



## Aims for the session

- Overview of Kooth
- The type of support Kooth offers
- A look at safeguarding and SEND
- How to sign post to Kooth



Our services that are  
available in your area

Kooth - North West London

*Available for CYP aged  
11-25*

*kooth.com*





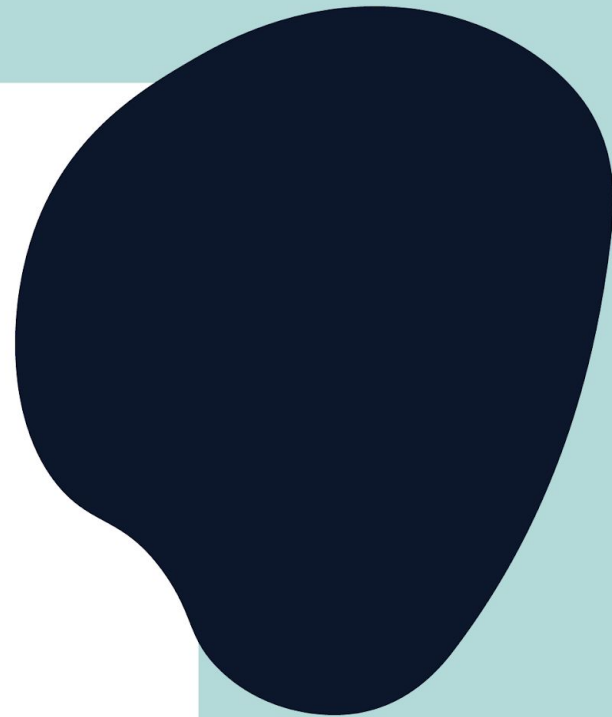
**kooth**

Here are some  
thing we'd like  
you to **always**  
remember about Kooth...





It's completely free.



Our service users are  
**anonymous** to us.



No formal referral is required.

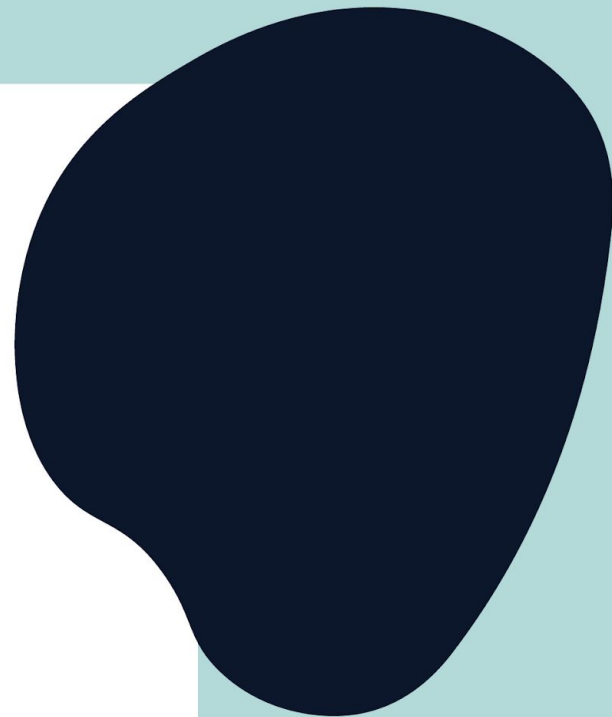
You can **self-refer**,  
online at anytime.







**No bullying** can  
take place anywhere  
on our site.



There are  
**no barriers**  
**or thresholds**  
to accessing Kooth





## No problem is ever too small at Kooth

If it's on your mind, we're here to help. Some of the feelings or difficulties we can support with could include:

- **Stress**
- **Anxiety**
- **Friendships**
- **Life at home**
- **Exam or coursework pressures**
- **Eating difficulties**
- **Loneliness**
- **Body image concerns**
- **Anger**
- **Confidence**
- **Big changes**
- **Social media**



Providing NHS services



**Real people who  
want to listen  
and help,  
not bots**

**95%**

of our users would  
recommend Kooth  
to a friend

You can trust us

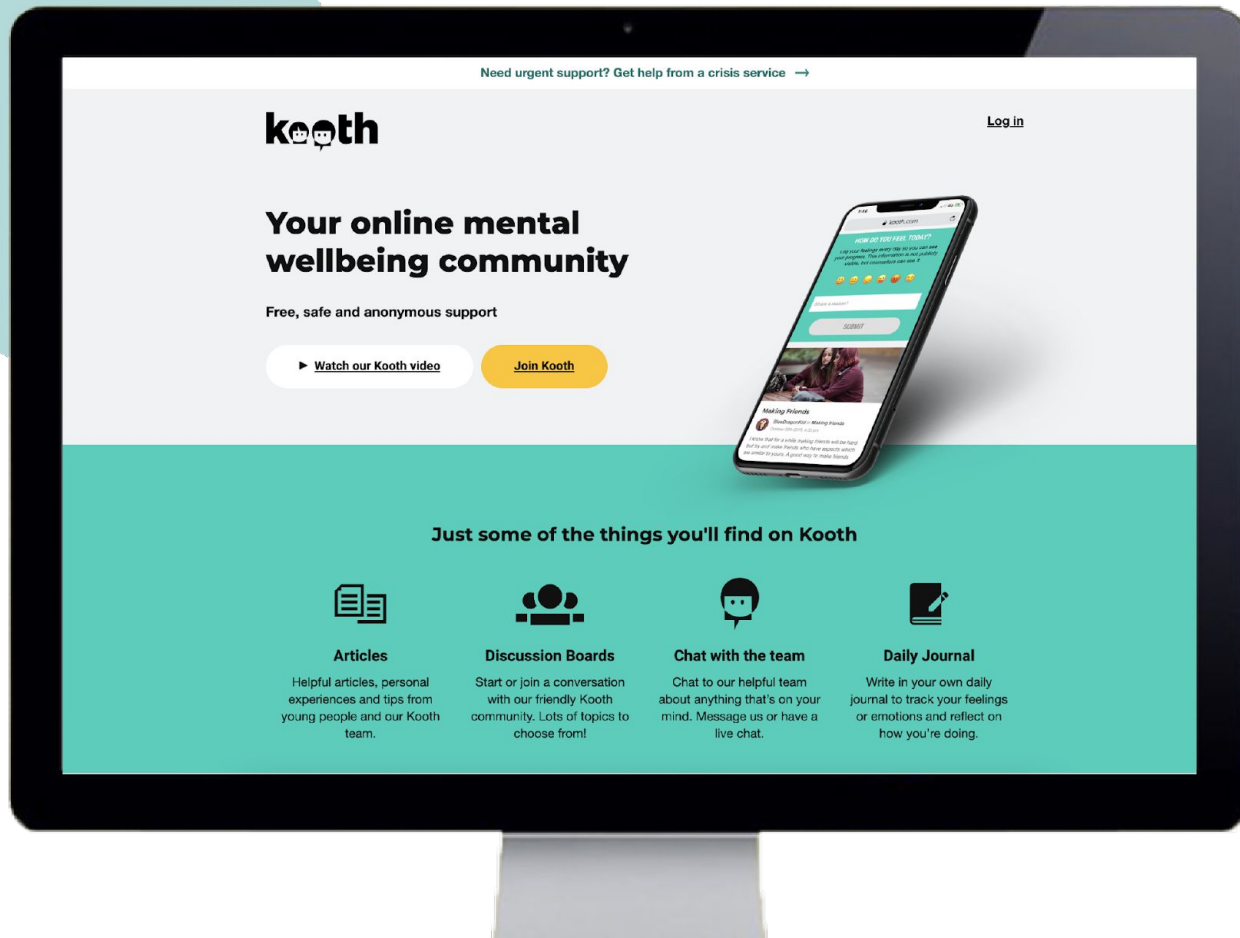


Some places a young person might  
hear about Kooth include:

- School or College
- University
- Local GP
- Parent or Carer
- A friend
- Local CAMHS
- Google
- Social Media



Click on the  
'Join Kooth'  
button to  
get started





We offer a range of support options  
and the young person has **complete  
control** of the support pathway they  
enter







Professional  
Support

Self-directed  
Support

Community Support

Send a  
message  
to our  
team

Live  
text-based  
chat

Goal  
Setting  
and  
Journal  
space

Helpful  
articles

Activities

Live  
forums

Discussion  
Boards



## Safeguarding is always a priority for us

At Kooth, we believe that **safeguarding is everybody's business**. It is a core value amongst all our staff.

We have clear processes for escalating safeguarding concerns, supported by our safeguarding team.



## Adapting our approach to support young people with SEND


We recognise that many young people using Kooth may have special educational needs and disabilities.

In these events, we'll explore with them the different ways we can accommodate their needs in a person-centred and collaborative way that works for them.



Kooth can be a **helpful and vital addition** to a young persons wider care package





What your local engagement  
lead  
can offer.

- Free Printed & Digital Resources
- Kooth Assemblies
- Professional workshops
- Fresher fairs
- Local community events
- Parent and carer sessions
- Staff Training Presentations
- Wellbeing Workshops



# How Can You Refer to Kooth?

Use our Kooth pocket cards and A5 leaflets to pass on to your young people

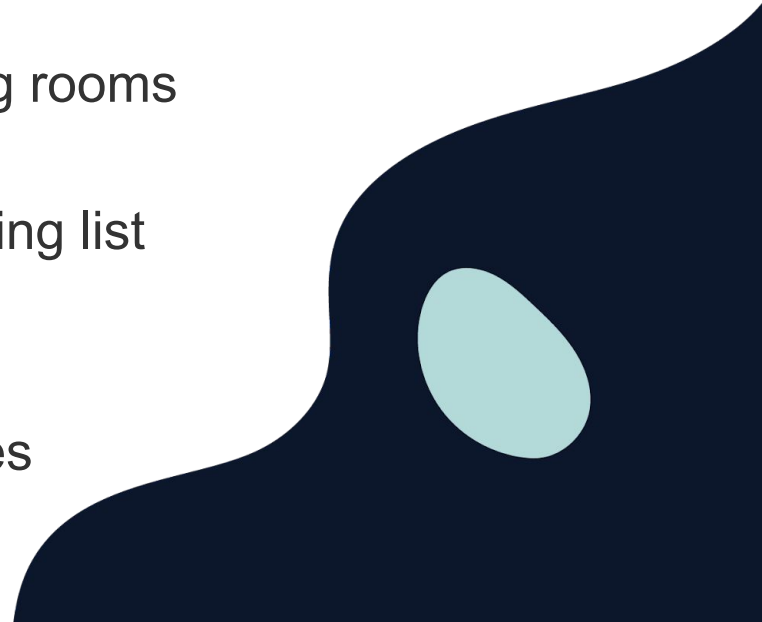
Putting our Kooth posters on display in waiting rooms and backs of toilet doors

Signposting in your discharge letters and waiting list letters

Promoting Kooth in your service newsletter

Signposting through social media and websites

Add the Kooth logo to your footnote in letters





Questions from parents and carers

[parents@kooth.com](mailto:parents@kooth.com)

General enquiries

[contact@kooth.com](mailto:contact@kooth.com)

Enquiries about promoting us in your area

[dmangat@kooth.com](mailto:dmangat@kooth.com)