



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.



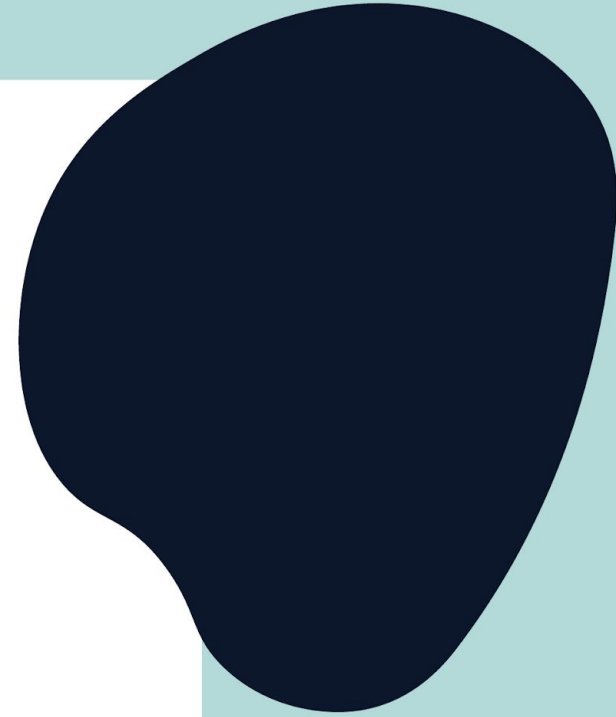
No formal referral is required.

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

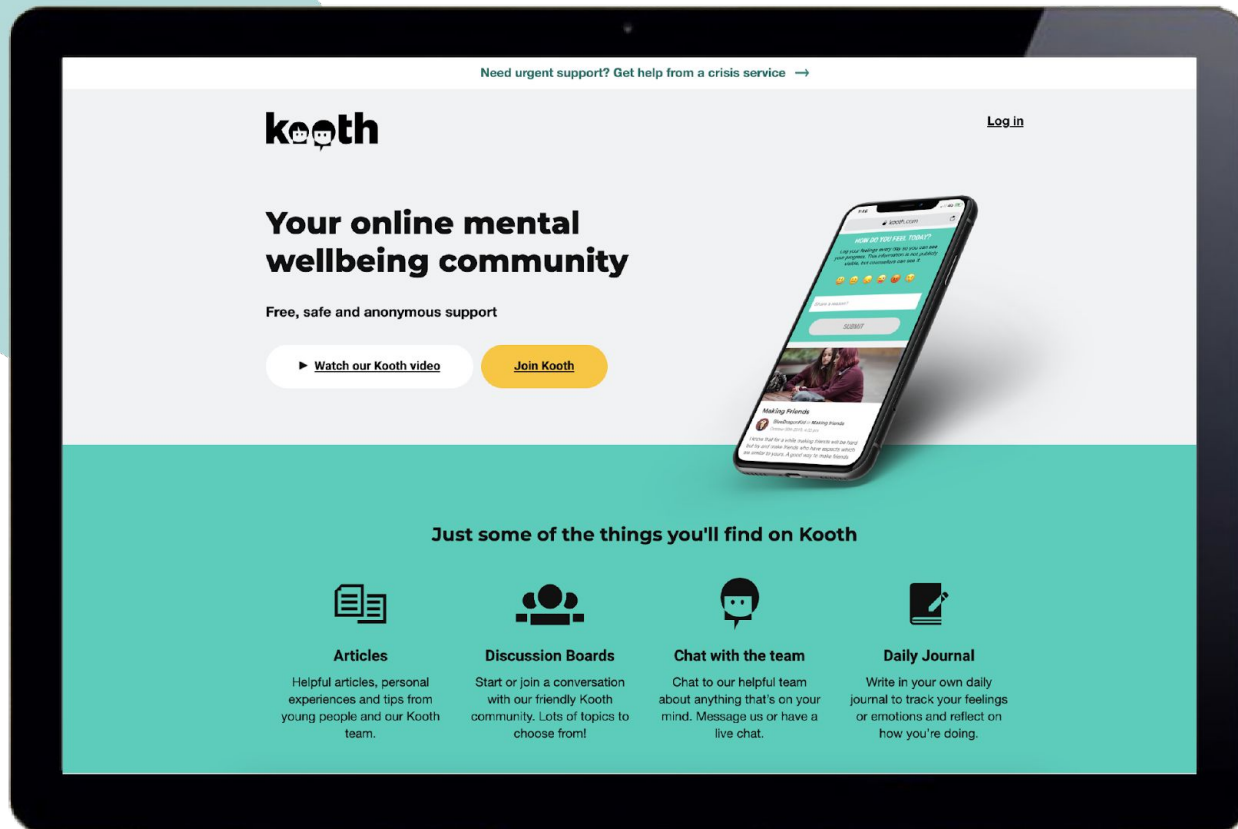


Some places a young person might
hear about Kooth include:

- 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

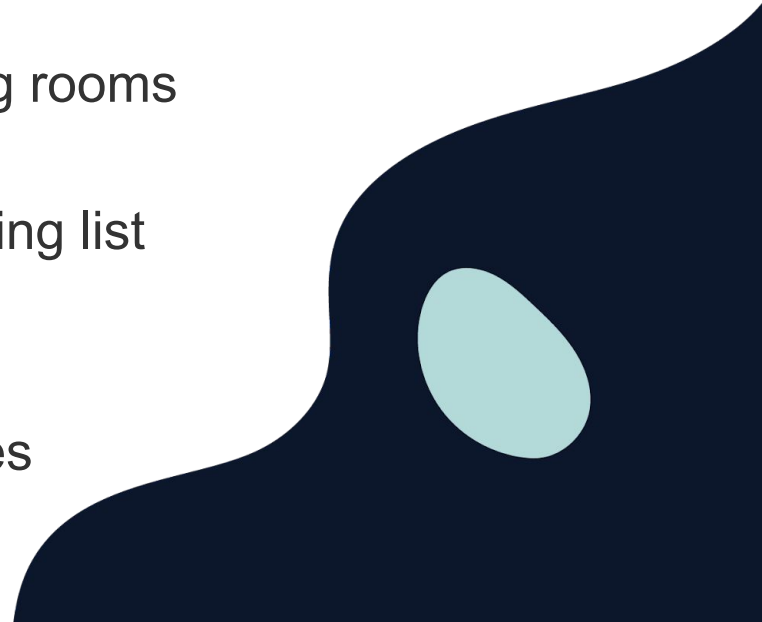
Putting our Kooth posters on display in waiting rooms and backs of toilet doors

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

General enquiries

contact@kooth.com

Enquiries about promoting us in your area

dmangat@kooth.com