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Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the **location** you are in

3 Click on the **gender** you identify with

4 Choose from the drop down box the **ethnicity** that best fits you

5 Add your **age** and the **month you were born**

6 Click **'continue'**



How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:

12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

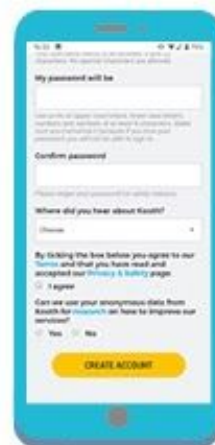
To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**



7 Create an **anonymous username** (not your real name) and **secure password**

8 Choose from the drop down box to explain where you found out about **Kooth**



9 Click on the **'create account'** button to complete your registration

www.kooth.com

kanth

Your online mental wellbeing

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