



For ages: **10-16**

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



**Visit [kooth.com](https://www.kooth.com) to learn more**