

# Come And Explore Kooth With Us

The following virtual sessions will provide parents and carers with:

- *An overview of Kooth and how we support young people's mental health and wellbeing*
- *A live demonstration of the service*
- *A Q&A to ask us anything you want to know about Kooth*

To attend please register on the following links.

[Thursday 21<sup>st</sup> January @ 11am-12pm](#)

[Wednesday 27<sup>th</sup> January @ 6-7pm](#)



**kooth**

**Free online counselling support for young people!**  
Discover everything Kooth has to offer

**FREE COUNSELLING**

**DISCUSSION BOARDS**

**JOURNAL**

**SELF-HELP TOOLS**

**KOOTH MAGAZINE**

**HELP ARTICLES**

Sign up for free at **Kooth.com**

The graphic features a stylized illustration of a person in a blue coat holding a tablet, surrounded by speech bubbles. Below this, there are icons for a journal, a cup of coffee, a magazine, and a person sitting at a desk. The background is a mix of yellow and orange tones.