



bacp | Accredited
collective mark Service

NHS
Providing NHS services

Session housekeeping/agreement

Microphones

Cameras

**Post Session
Follow Up**

Questions





Aims for the session

- Introduction to Kooth
- Early warning signs of anxiety and depression
- Top tips: talking to children about their feelings
- Overview of Kooth's support features
- How to sign up to Kooth
- Q&A
- Live tour (time dependent)



Our services that are
available in your area

Kooth

Young people aged 11-18 (some areas 10-25)

www.kooth.com



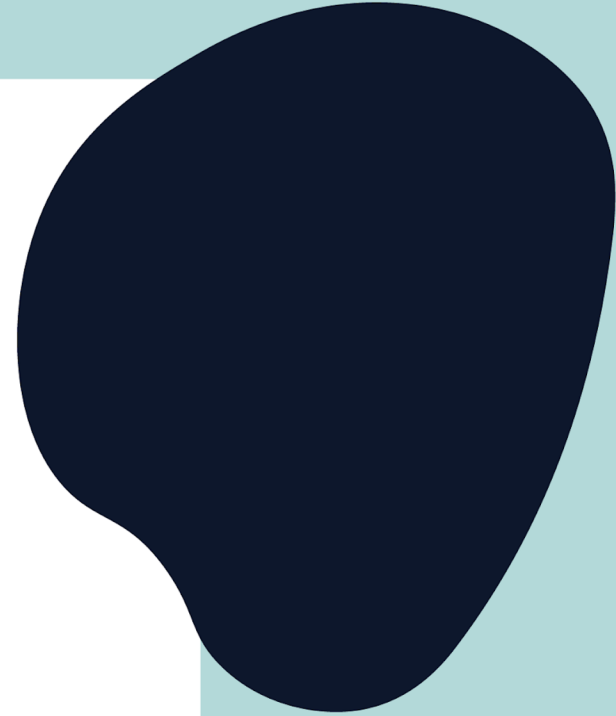
kooth

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





It's **completely free.**



Our service users are
anonymous to us.



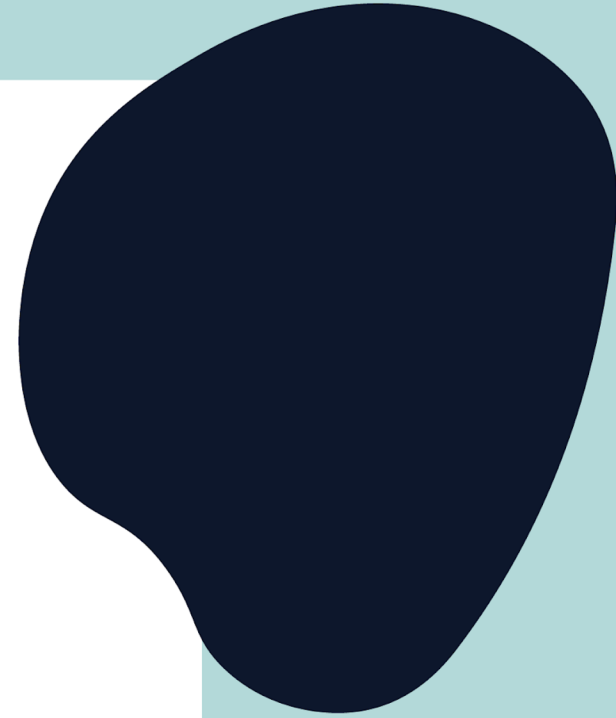
No formal referral is required.

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





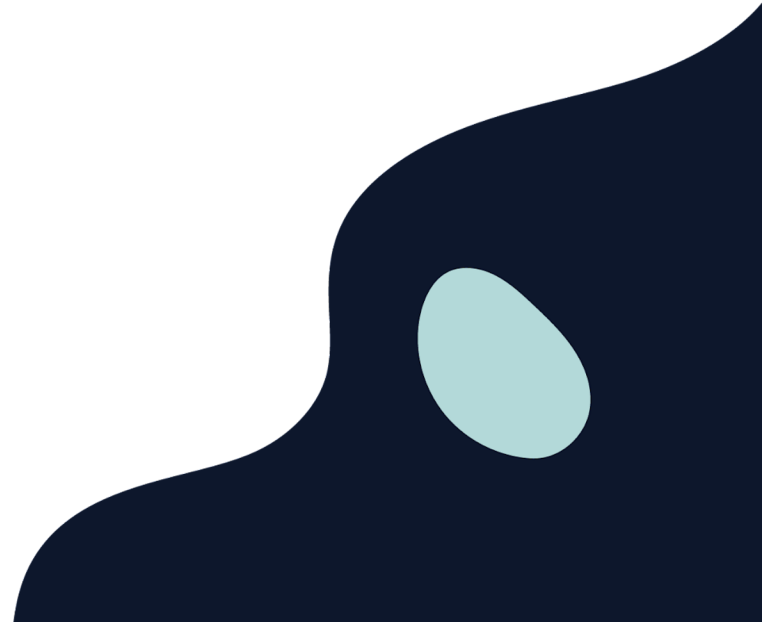
No problem is ever too small at Kooth

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**

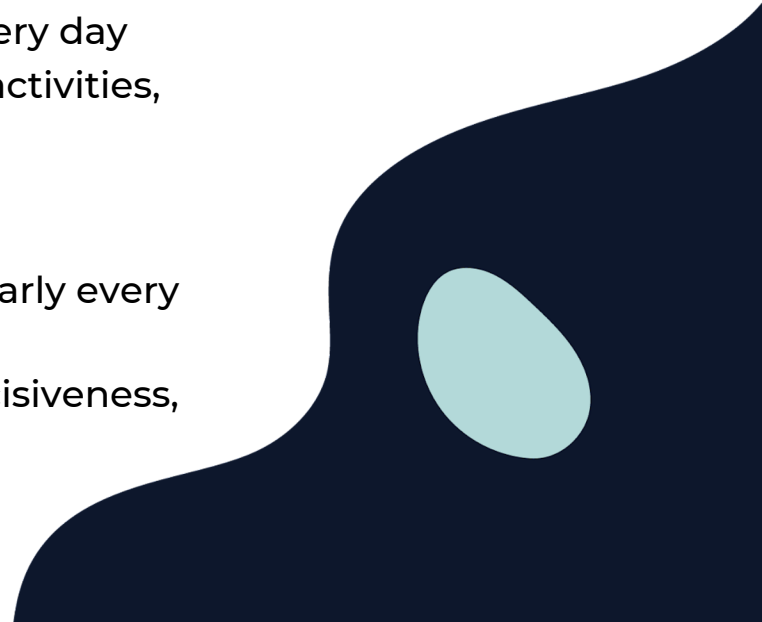
Early warning signs: Anxiety

- Feeling uneasy, tense or worried
- Feeling unable to relax
- The need for reassurance from others
- Rumination over thoughts or previous experiences
- Problems sleeping
- Feeling restless
- Butterflies in the stomach or feeling sick



Early warning signs: Depression

- Depressed (feeling low) most of the day, nearly every day
- Diminished interest or pleasure in all or almost all activities, most of the day, nearly every day
- Insomnia or hypersomnia nearly every day
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or inappropriate guilt nearly every day
- Diminished ability to think or concentrate, or indecisiveness, nearly every day



Top tips: talking to children about their feelings

Here to help

**Take away
the intensity**

**Practice asking
open-ended
questions**

No pressure



Top tips: talking to children about their feelings

Balancing

Reactions

Listen carefully

Respect privacy



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**



Our team are available
365 days a year

**Live chat with us during the
following hours:**

Monday - Friday

12pm - 10pm

Saturday and Sunday

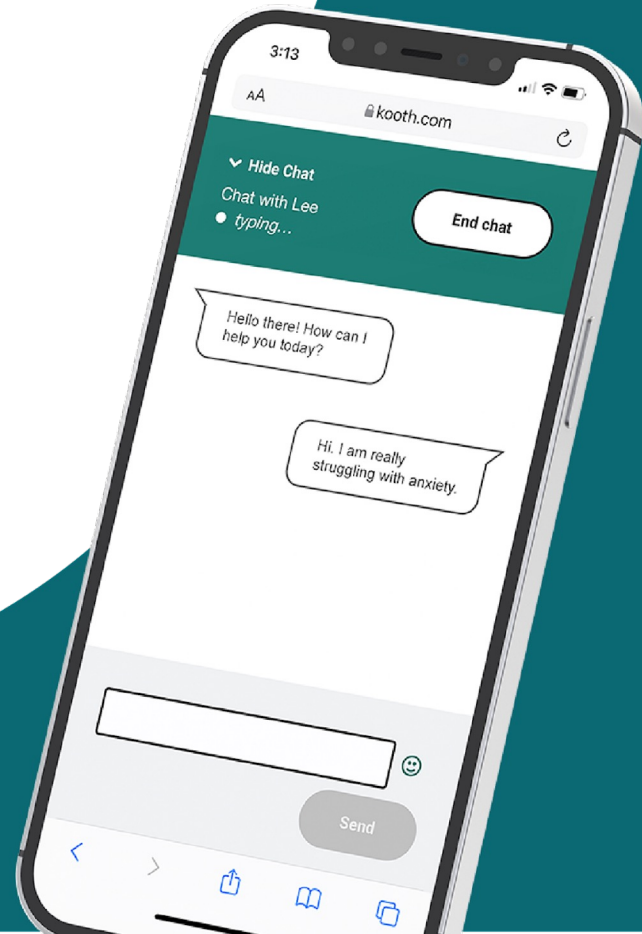
6pm - 10pm



Your first chat session

When you first come to chat, we will talk with you about:

- Understanding a little more about you and your life
- Exploring your current difficulties and what's brought you to Kooth
- Thinking together about the best way we can support you



We're home to a **diverse range of practitioners** that are all fully qualified to work with children and young people effectively and safely.

Emotional
Wellbeing
Practitioners

Senior
Practitioners

Counsellors

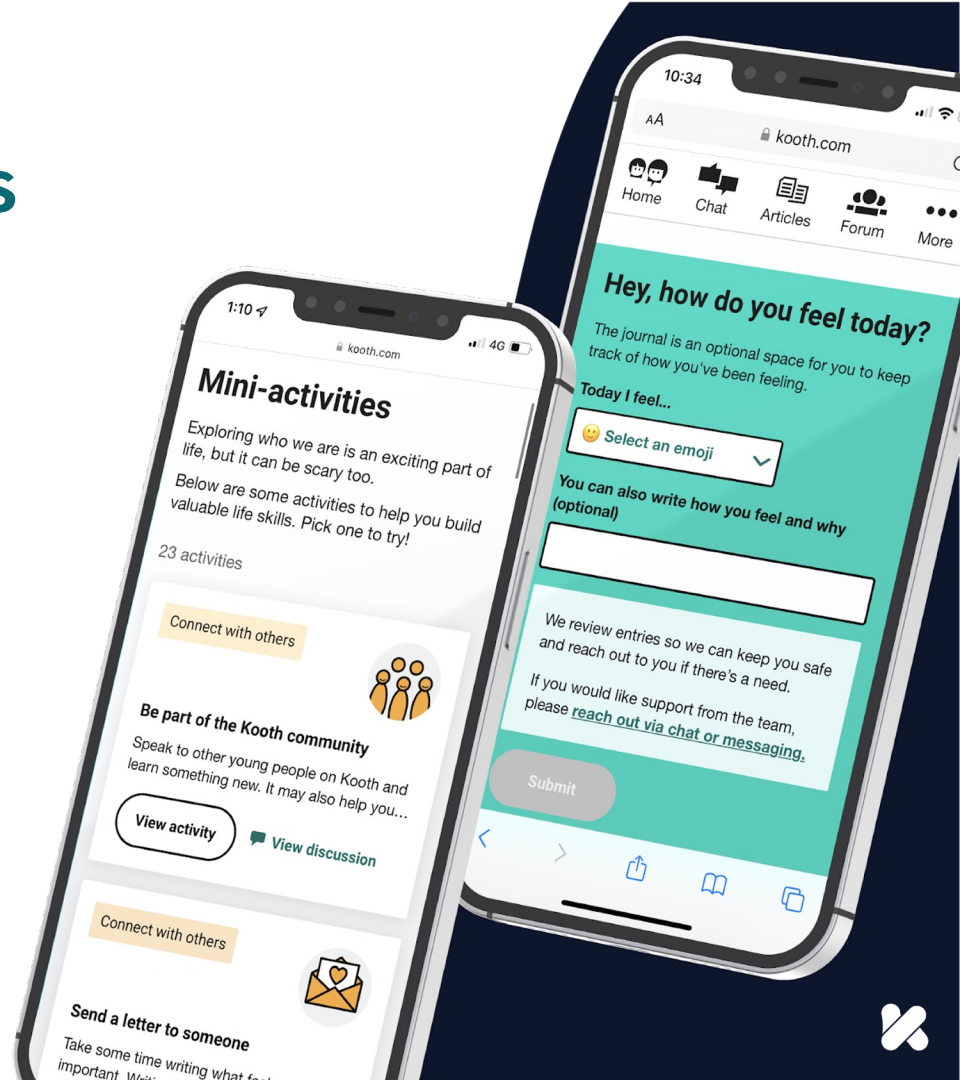


A range of **self-help tools** all in one place

Our self-help tools can be accessed at any time.

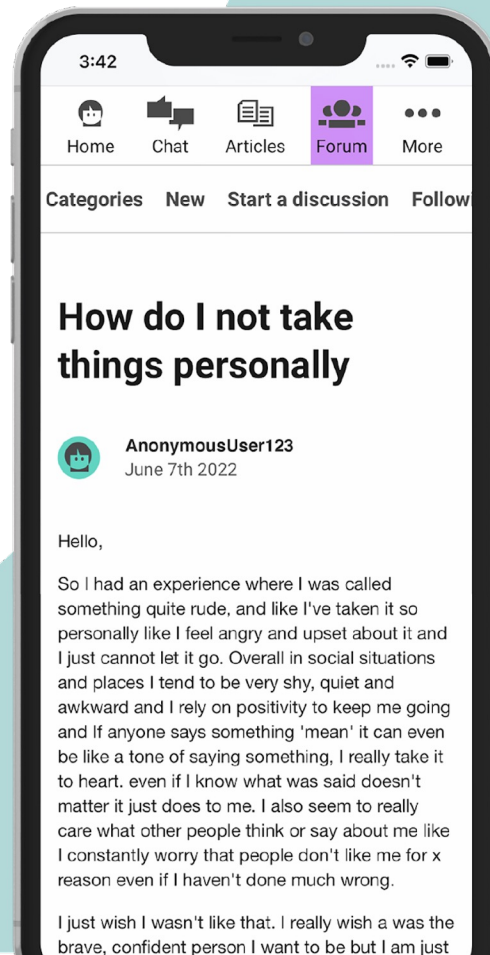
Options include:

- Wellbeing mini activity hub
- Journal space
- Goal setting



Support from other young people in our **safe and supportive community**

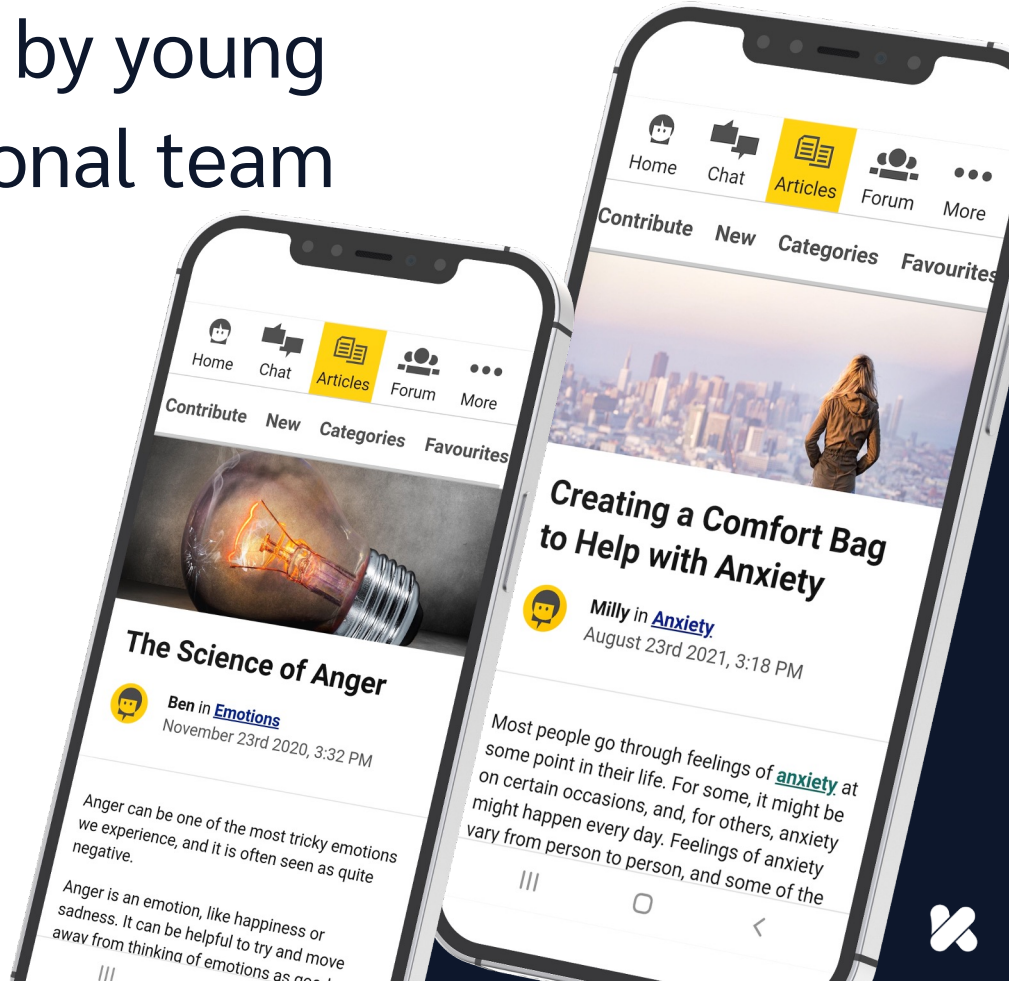
- **Join the conversation** on one of our many helpful discussion boards
- **Engage in a live forum topic** that's led by a professional member of our team



Helpful articles written by young people and our professional team

Article topics include:

- Personal stories
- Identity
- Bullying
- Hobbies and interest
- General health and wellbeing



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.





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**



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





**“I’ve never felt
pressured using
Kooth. I’m in full
control”**

**“I’m more able
to manage low
periods in
my life.”**

How our users feel ...

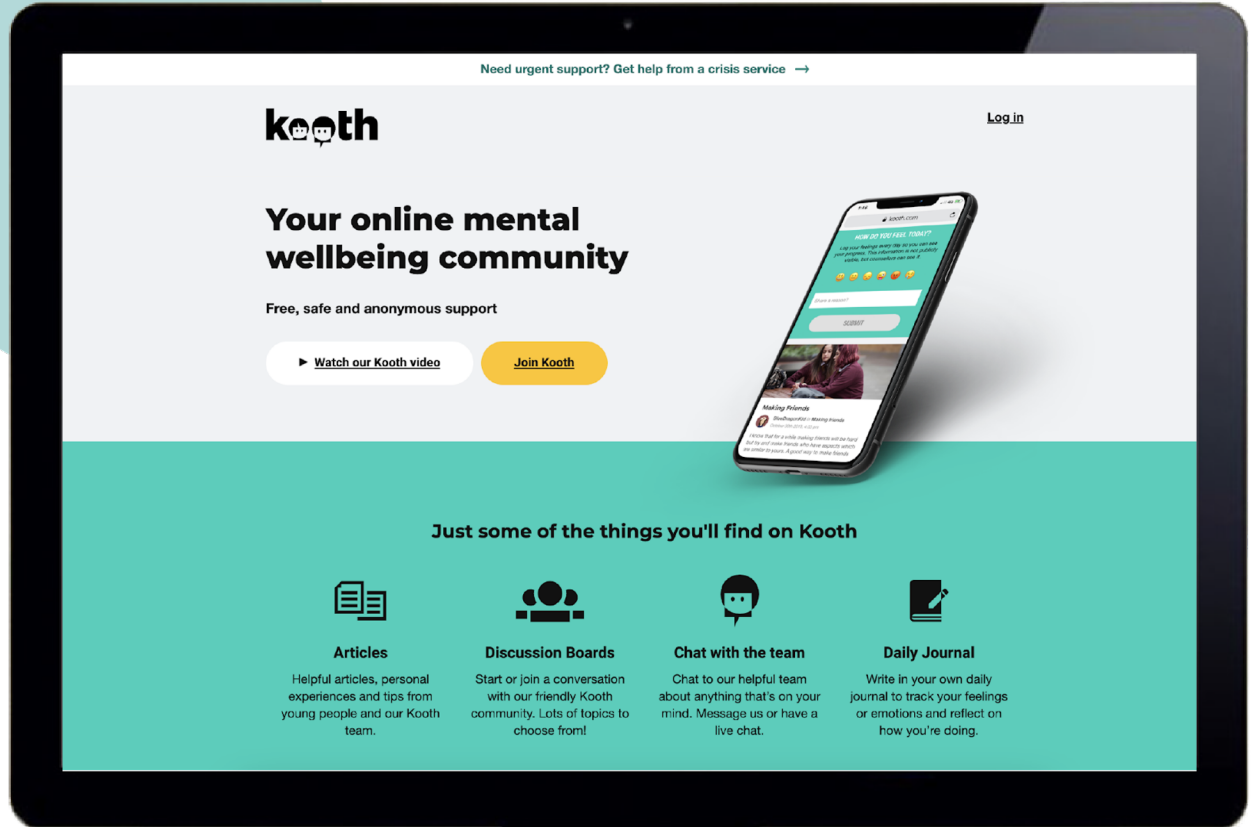


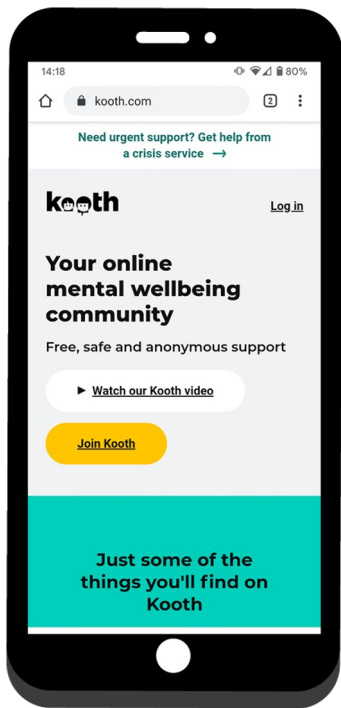
You can head over to our website at kooth.com on any internet enabled device.

As Kooth isn't an app, you won't be able to find us on any app stores.

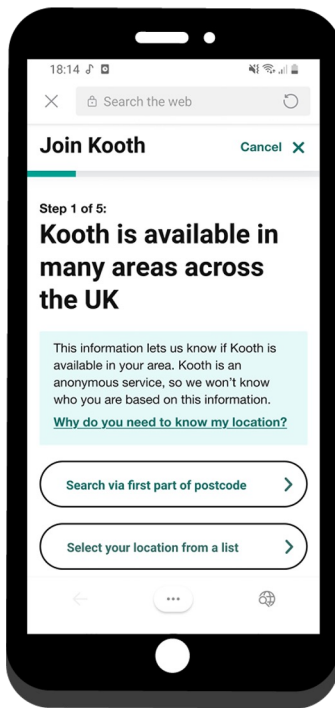


Click on the
'Join Kooth'
button to
get started



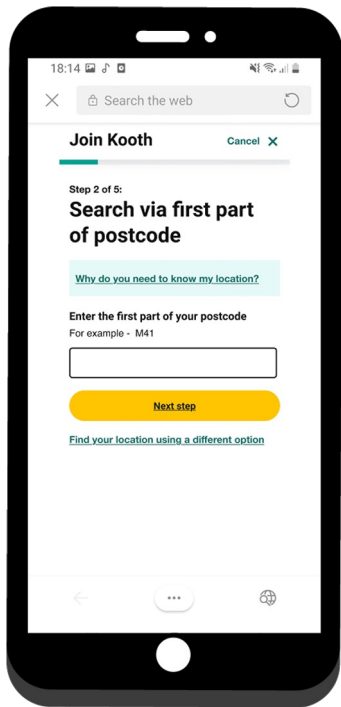


1. Select **Join Kooth** button.

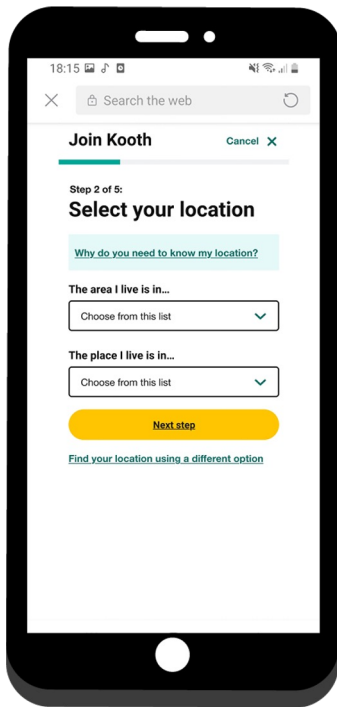


2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**

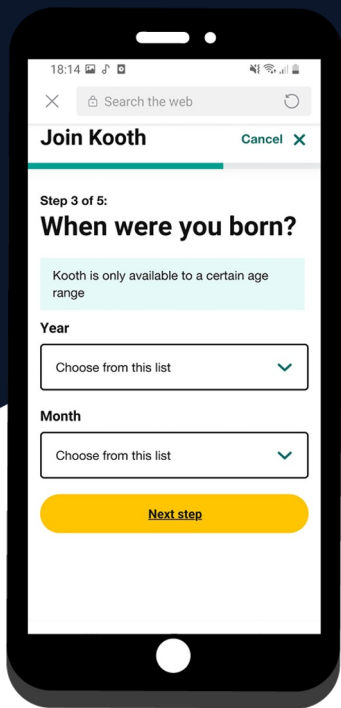


OR

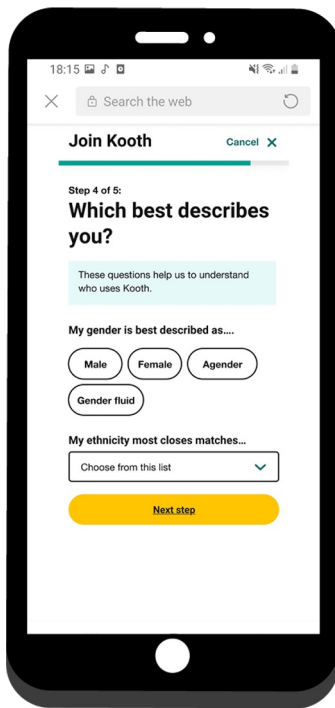


3. Enter the first part of your postcode.

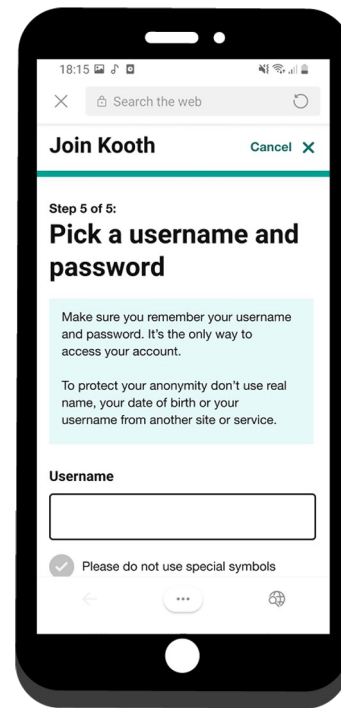
4. Choose your area from the dropdown.



5. Select your month and year of birth.



6. Select your gender and ethnicity.



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

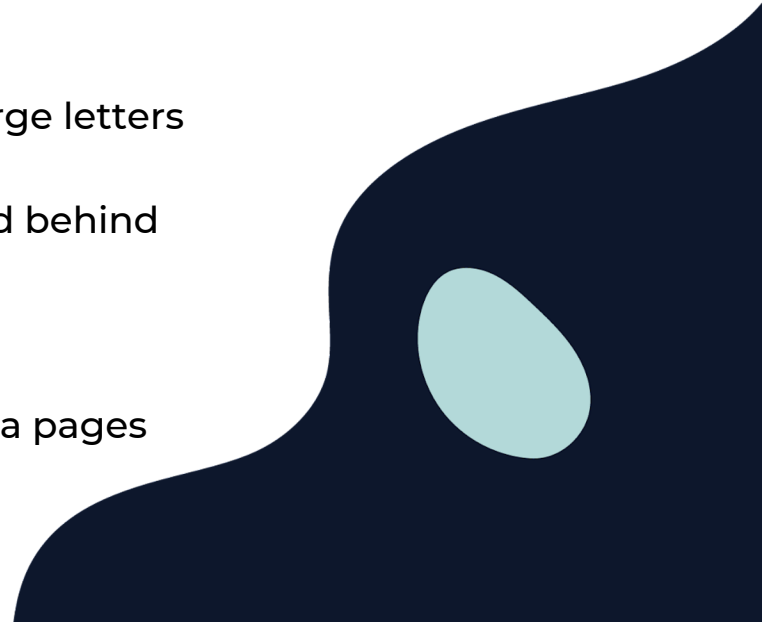
What your local
engagement lead
can offer.

- Kooth Assemblies
- Sign Up Support Sessions
- Staff Training Sessions
- Parent/Carer Information Sessions
- Wellbeing Workshops
- Kooth Resources - Posters, Leaflets, Pocket Cards



How to signpost young people to Kooth

- Signpost to Kooth in waiting list letters and discharge letters
- Hand out Kooth pocket cards and leaflets
- Put Kooth posters on display in reception areas and behind toilet doors
- Show Kooth video in reception areas
- Promote Kooth in service newsletter
- Signpost to Kooth on your website and social media pages





Questions from parents and carers

parents@kooth.com

General enquiries

contact@kooth.com

Enquiries about promoting us in your area

kel@kooth.com