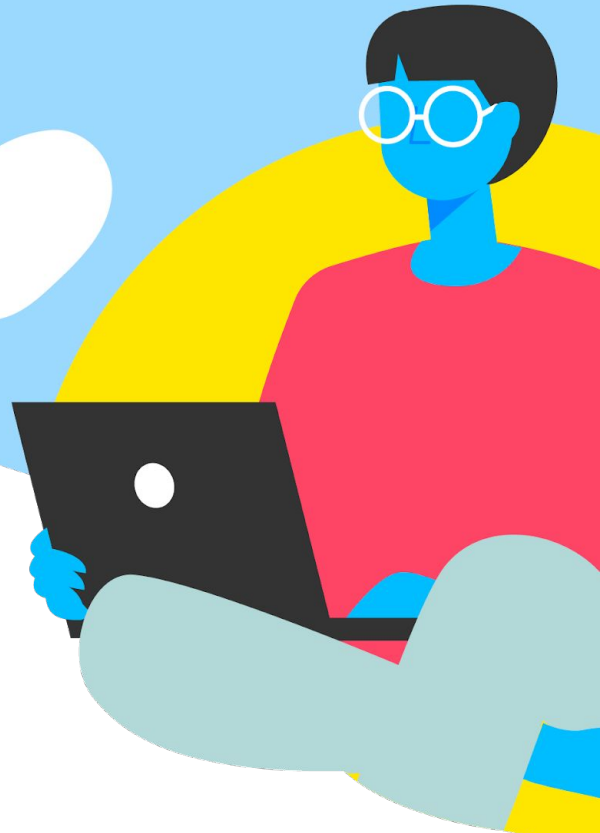
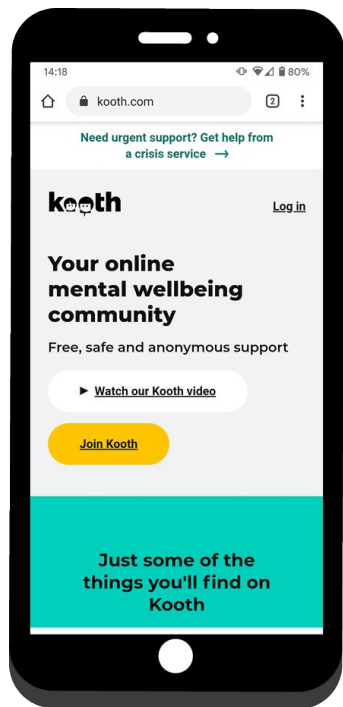


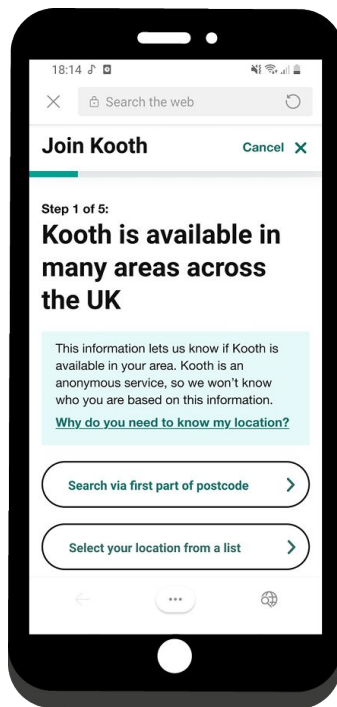
Kooth Sign Up Tasks

[kooth.com](https://kooth.com)



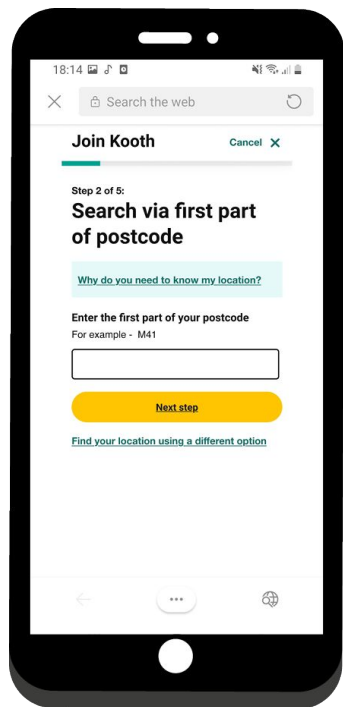


1. Select **Join Kooth** button.

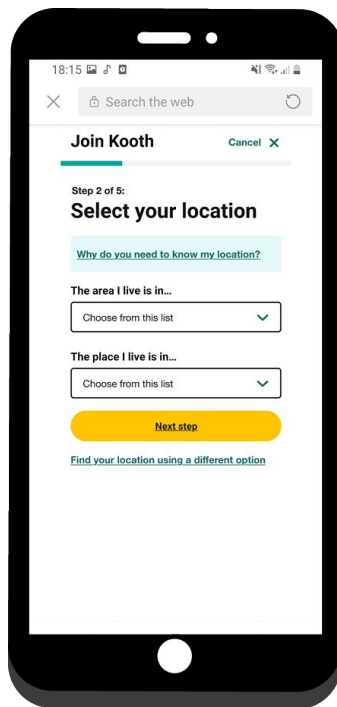


2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**



OR



**3.** Enter the first part of your postcode.

**4.** Choose your area from the dropdown.

18:14

Search the web

### Join Kooth

Cancel

Step 3 of 5:

## When were you born?

Kooth is only available to a certain age range

Year

Choose from this list

Month

Choose from this list

Next step

5. Select your month and year of birth.

14:18

kooth.com

### Gender

My gender is best described as

Male Female

Non-binary

Other - self disclosed

Prefer not to say

### Ethnicity

My ethnicity most closely matches

Choose from this list

Next step

6. Select your gender and ethnicity.

18:15

Search the web

### Join Kooth

Cancel

Step 5 of 5:

## Pick a username and password

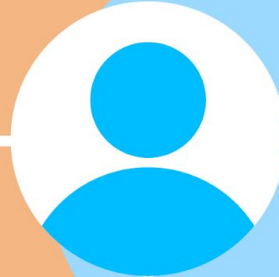
Make sure you remember your username and password. It's the only way to access your account.

To protect your anonymity don't use real name, your date of birth or your username from another site or service.

Username

Please do not use special symbols

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



**Professional  
support**

**Live  
text-based  
chat**

**Send a  
message to  
our team**

**Self-directed  
support**

**Helpful  
articles**

**Activities**

**Journal  
Space and  
Goal Setting**

**Community  
support**

**Discussion  
boards**

**Live  
forums**

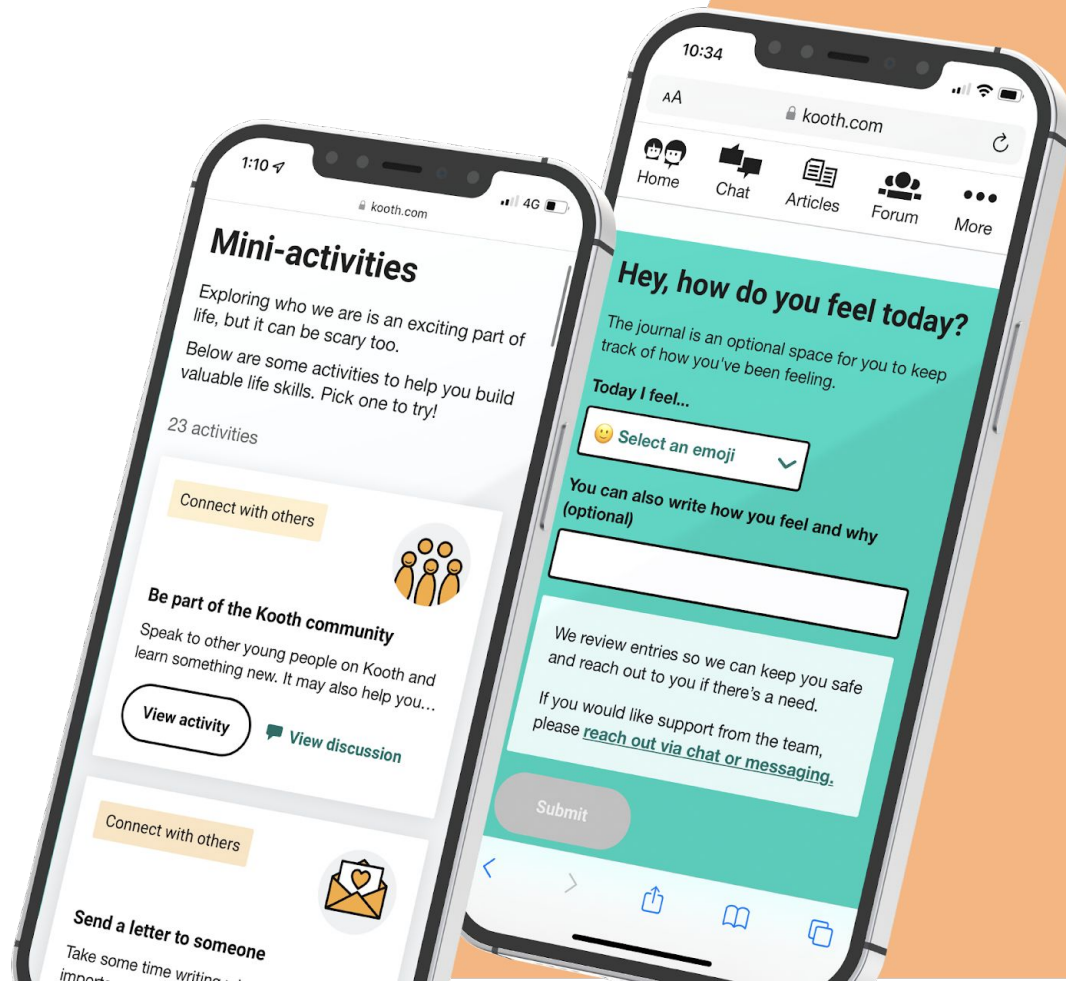
# Avatars on Kooth

## Change the avatar on your Kooth account

- Click on the arrow in the top right hand corner
  - Change settings
  - Change avatar

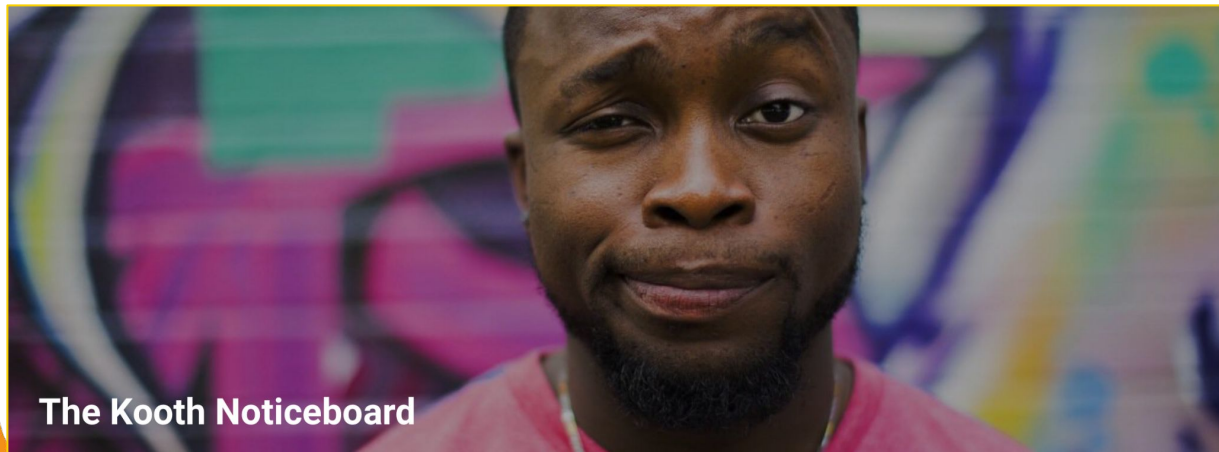


# Create a journal entry



# Kooth Noticeboard

*Find out what live forum topics  
are coming up this month*



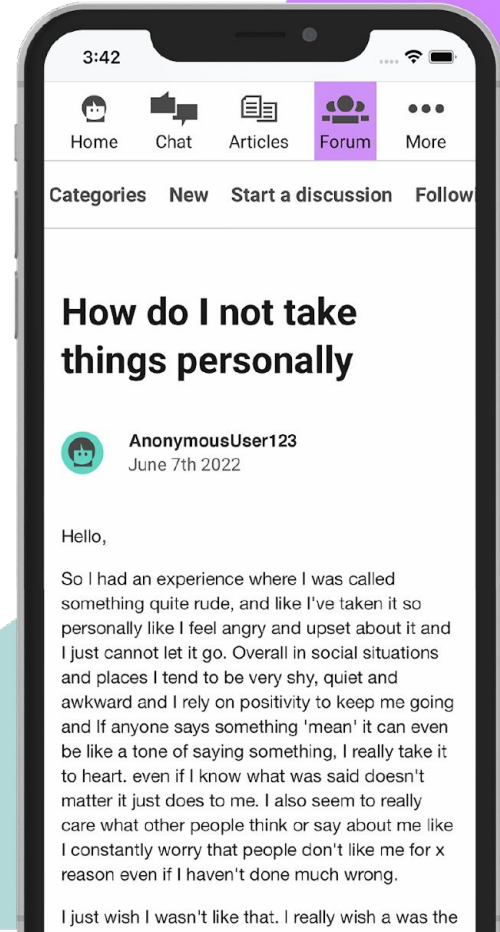
The Kooth Noticeboard



# Find a **discussion board** that talks about....

- ❑ Education
- ❑ Sleep
- ❑ Film, TV & Music

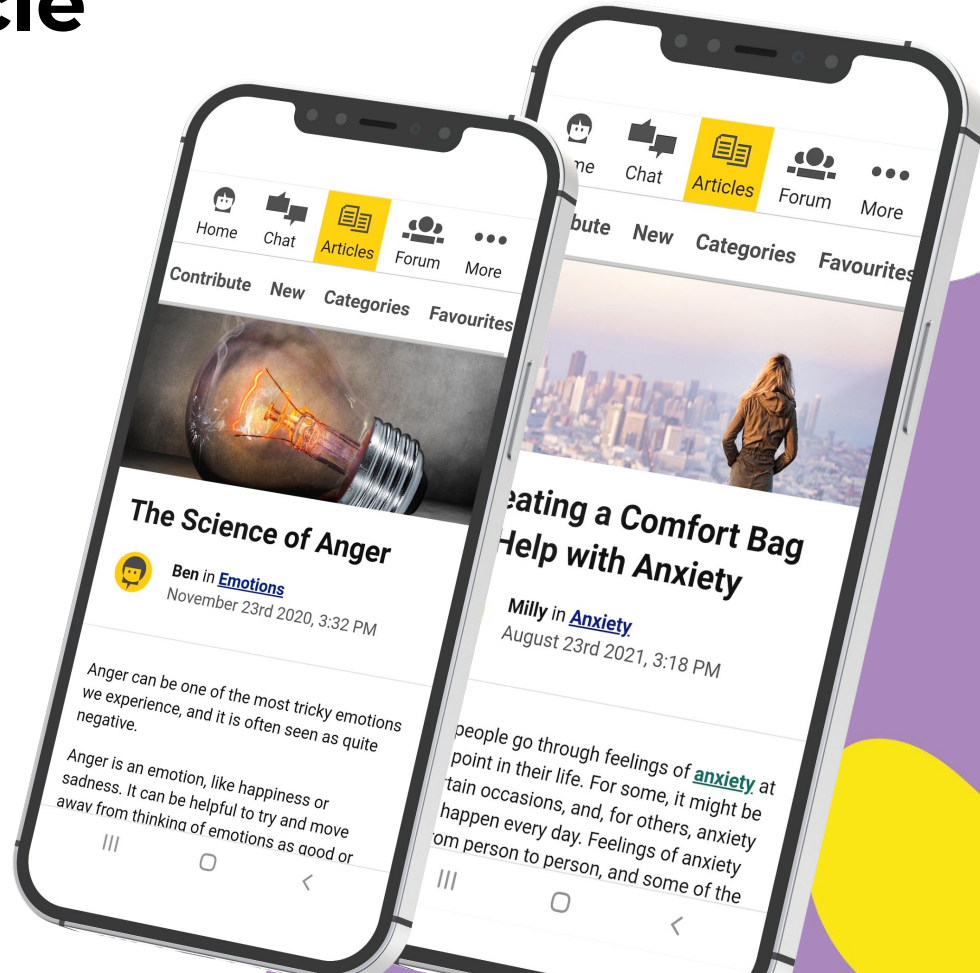
...and much more



Find a **magazine article**  
that talks about....

- ❑ Anxiety
- ❑ Wellbeing
- ❑ Mental Health

...and much more



# Check out the Mini-activities hub

*Why not try...*

Manage emotions



## Practice the art of mindful observation

Taking some time to observe an object could help you focus on the here and now, while...

[View activity](#)

[View discussion](#)

Helpful habits

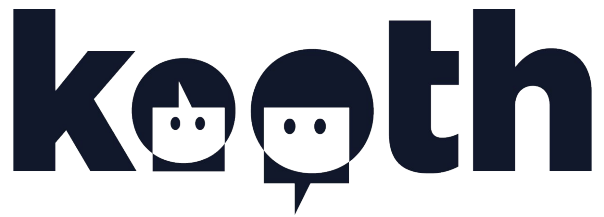


## Create a self care calendar

Make plans that are all about you! Take some time for yourself by putting self care at the...

[View activity](#)

[View discussion](#)



Everyone needs support sometimes  
- and if you do, **we are here.**

**kooth.com**