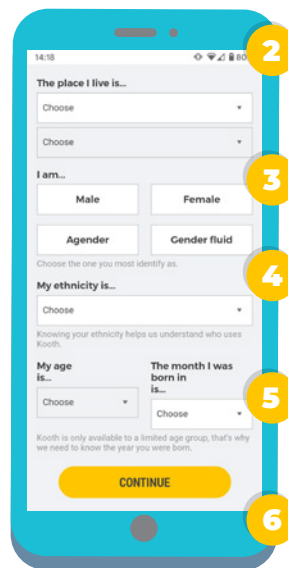


Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



- 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:

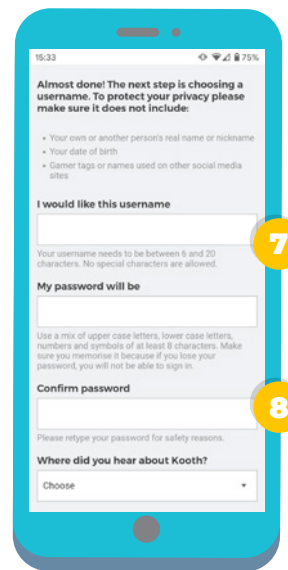
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

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

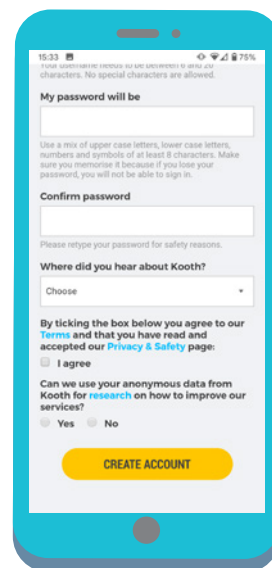
Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

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**



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