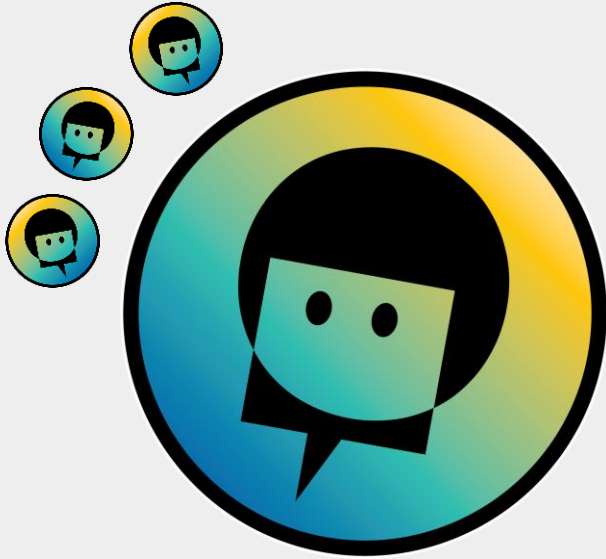
The Kooth logo is displayed inside a white speech bubble with a black outline. The word "kooth" is written in a bold, lowercase, black sans-serif font. The two 'o's are replaced by stylized icons: the first 'o' is a white speech bubble with a black outline and two black dots for eyes, and the second 'o' is a white speech bubble with a black outline, two black dots for eyes, and a black tail pointing downwards.

kooth

Free mental health support

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





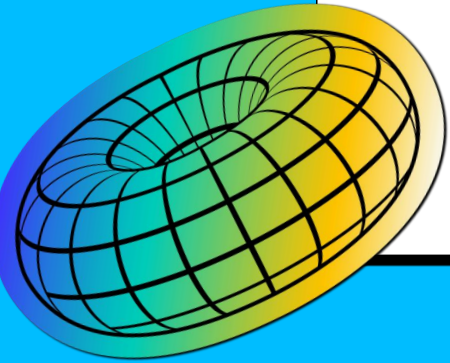
'This is My Place'

Plus how Kooth can support you being a part of a community.



What is belonging?

Belonging is the feeling of being comfortable and happy in a place or with other people, and being treated as a full member of the group.



Belonging is - feeling safe, being included
and being seen for who you are.

Belonging is not -
“fitting in”

Here's what young people say about belonging

Friends help me through tough situations

Community helps me feel like I belong

Talking to others helps me feel connected

I know who's there for me in the good times and not so good times

I try to find people who have the same interests as me



How can you create a sense of belonging?

- Be yourself
- Try and share how you feel
- Focus on healthy friendships
- Join a club or take up a hobby
- Think about your personal boundaries

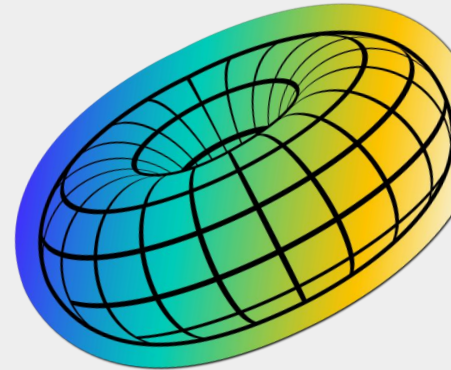
Seek non-judgemental support at
www.kooth.com

"This is My Place" - Which spaces matter to you?

Outdoor spaces

Community Spaces

**Cosy & Quiet
Spaces**



How can you help others feel like they belong?

Talk to new people in clubs and classes.

Be authentic and embrace your uniqueness in yourself and others.

Put yourself in others' shoes - show empathy.

Check in on friends.

Be kind and help others feel included.

What else can affect our mental health?

Pressure, exams

**Relationships,
friend groups, fitting in**

**Social media, bullying,
'banter'**

**Feeling isolated,
loss of a loved one,
past experiences**

What can stop us talking about our mental health?

I'm too embarrassed

I'm scared I'll be judged

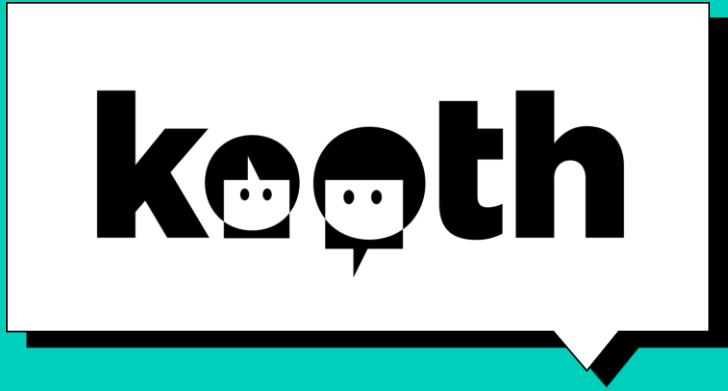
I feel too nervous

I find it hard to trust others

I don't know how to say how I feel

I don't want to look weak

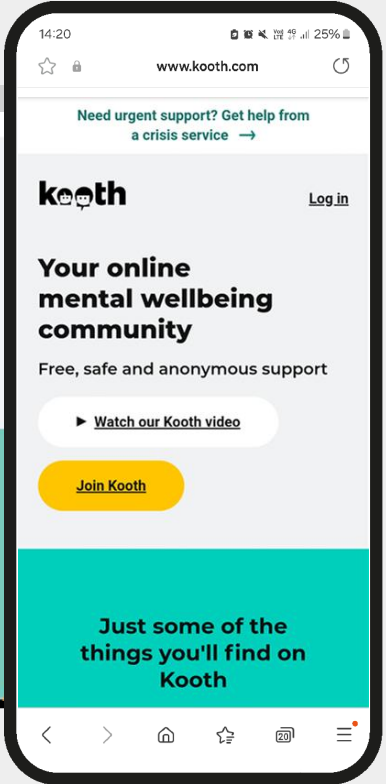
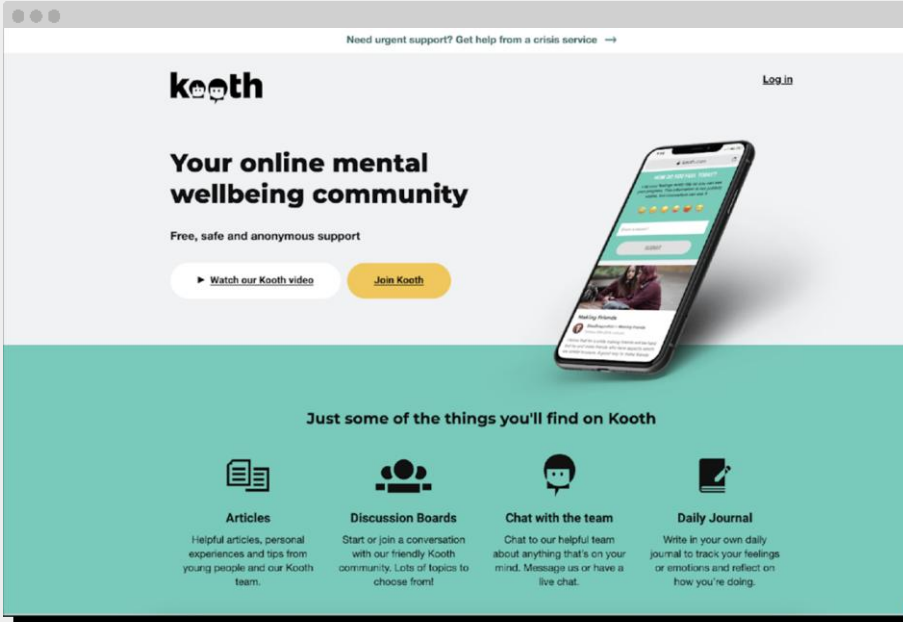
I'm worried about what might happen



Kooth.com offers free, safe support to help you build emotional resilience

How to sign up for free at www.kooth.com (on your computer or phone)

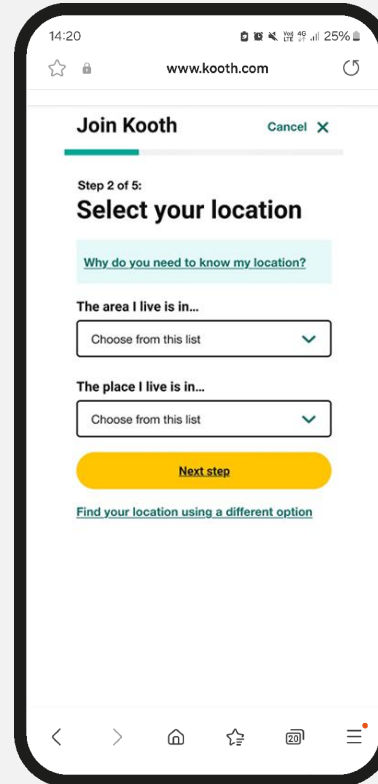
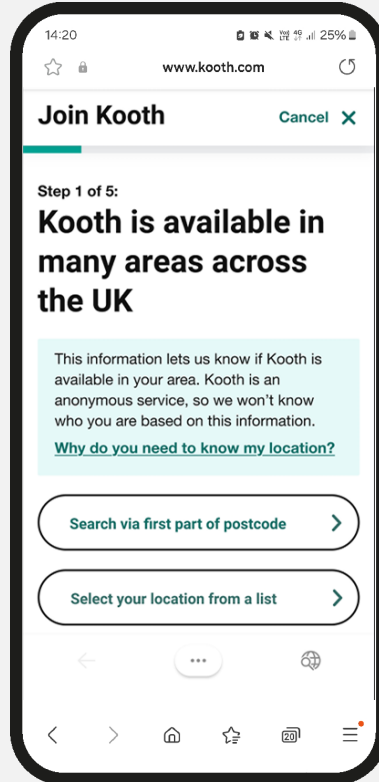
Click on the 'Join Kooth' button to get started

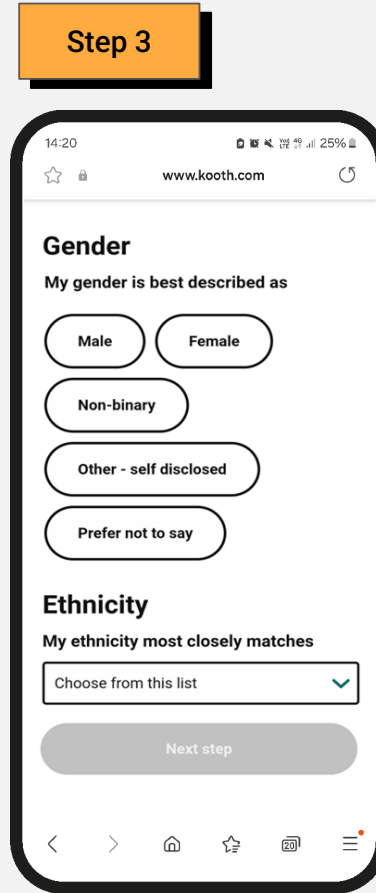
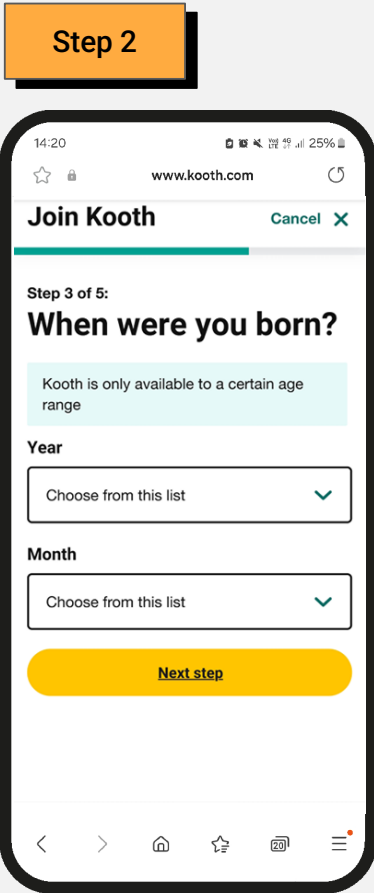


Step 1

1. Type in the first part of your postcode

(or choose the town or city where you live from the drop down menu)





2. Choose your month and year of birth

3. However much or little you share about gender or ethnicity will not affect the support offered at Kooth

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

Step 1

Type in the first part of your postcode or choose the town or city where you live from the drop down menu

Step 2

Add your month and year of birth

Step 3

Confirm your gender and ethnicity (remember however much or little you share will not affect the support we offer)

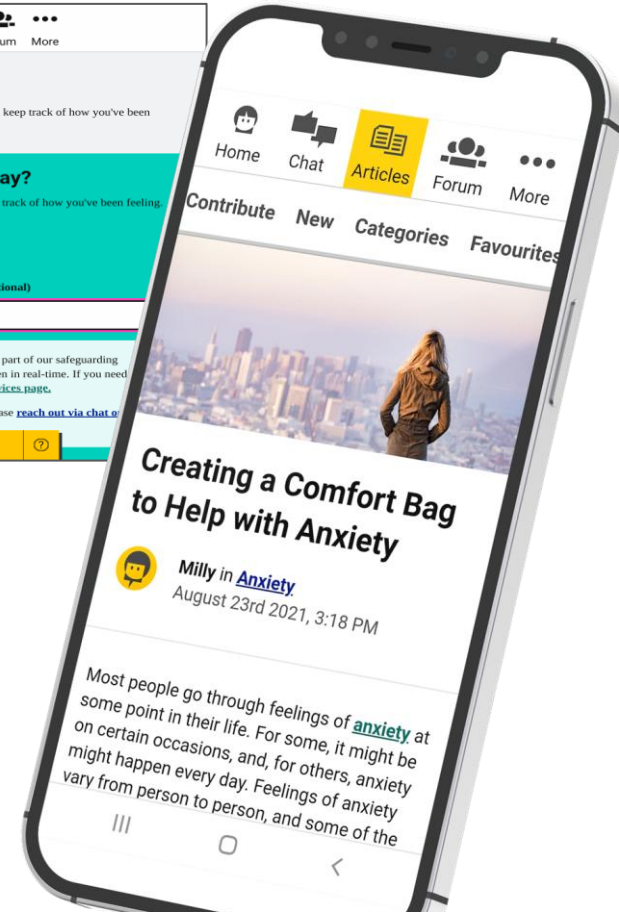
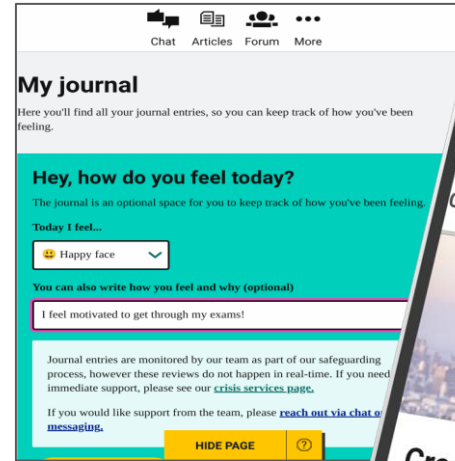
Step 4

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



You'll find loads of helpful tools:

- Try a mini activity
- Write whatever you're feeling in your own private online journal
- Set some goals you really want to achieve



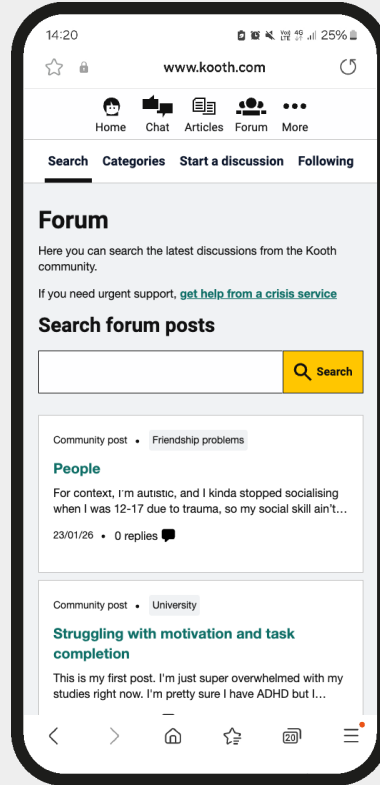
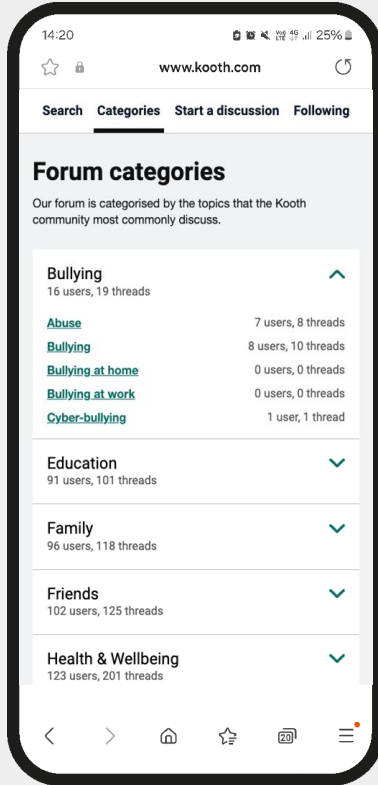
Did you know?

We have hundreds of articles on topics including self care, how to create good sleep habits, and manage stress

Forum & community

You could also visit **kooth.com** and ask **who/what/where makes you feel like you belong** to Kooth's community on our forums.

Connect with other young people like you



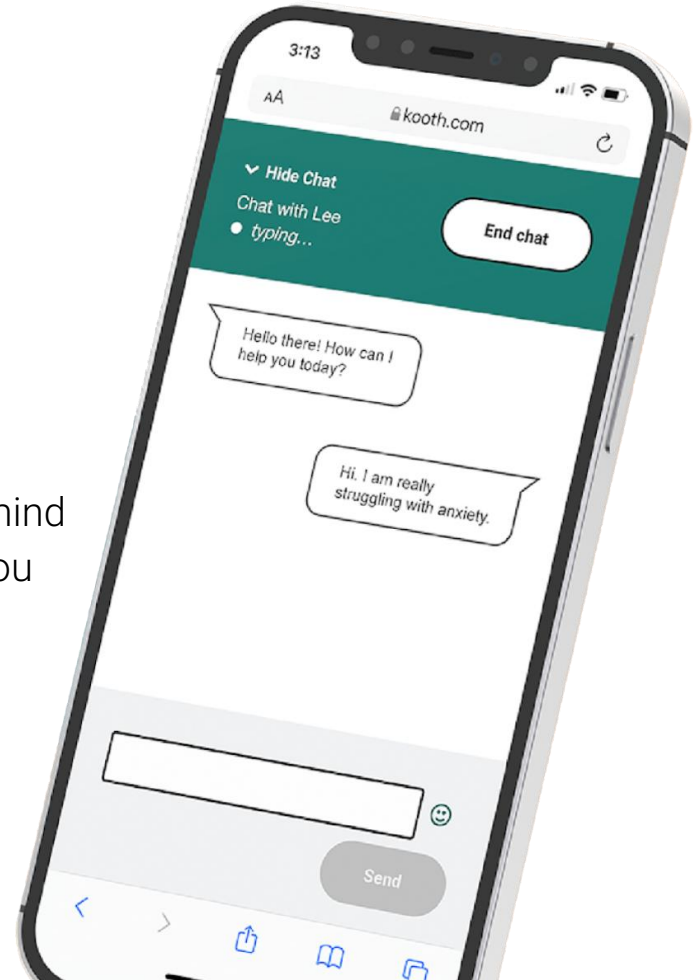
Or come and chat to one of our friendly mental health experts

When you first come to chat, we will:

- Listen to you
- Explore how you're feeling and what's on your mind
- Think together about the best way to support you

Did you know?

You can usually get help on the same day you need it



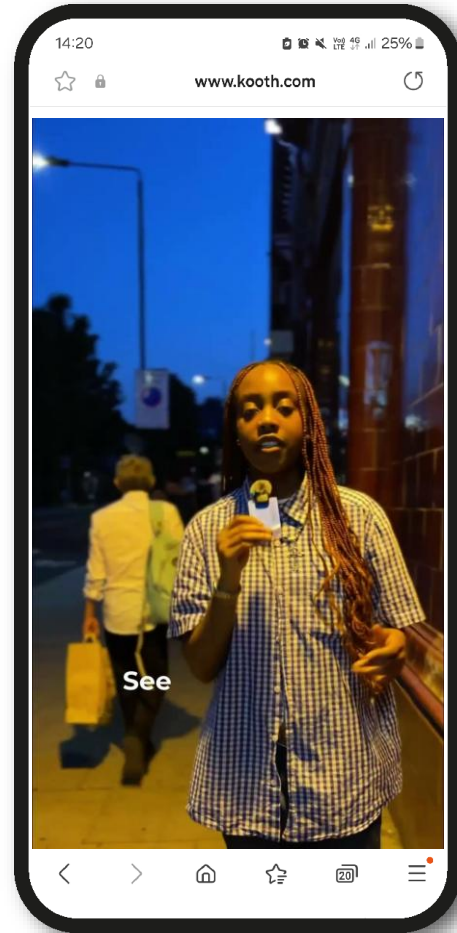
kooth



Reaching out for help isn't
a sign of weakness

it's a strength

puffer
jacket
poetry



**Our team is here for you
365 days a year**



All our self help tools are available 24/7

And you can chat with us during the following hours:

Monday - Friday **12pm - 10pm**

Saturday and Sunday **6pm - 10pm**



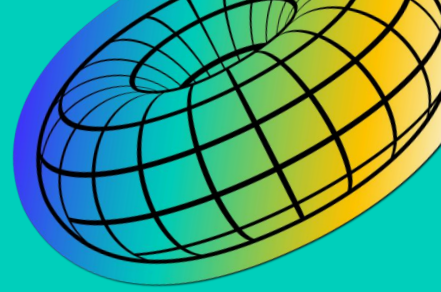
Kooth is here for everyone, **whoever you are**



Whoever you are and whatever your background, Kooth is here to listen.

No bullying, racism or trolling can take place on kooth.com





kooth

Everyone needs support sometimes -
and if you do, **we're here**

Free, safe, anonymous and online

kooth.com

Explore now!