Kooth

Kooth is free online counselling and mental health support for young people aged 11 to 18 years old. You can access live, one-to-one chat sessions with a qualified counsellor 365 days a year. They also have online self-help materials, a chat forum and more. To use this service you need to create an account.

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Website: https://www.kooth.com/

Facebook: https://www.facebook.com/koothUK

Opening Hours: Live chat available Monday to Friday 12pm to 10pm.
Saturday and Sunday, 6pm to 10pm

Cost: Free

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