

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.

Last updated: December 18, 2024

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

Related Articles

[Mental Health](#)

[Baby, children and young people's health](#)

[Self harm](#)

[Christmas opening times for support services](#)