



How to sign up to Kooth.



- 1 Select **Join Kooth** button.



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



- 3 Enter the first part of your postcode.

Or



- 4 Choose your area from the dropdown.



- 5 Select your month and year of birth.



- 6 Select your gender and ethnicity.



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

Kooth is a **free, safe and anonymous** mental health and wellbeing platform for children and young people. You can access Kooth via mobile, tablet or desktop by visiting Kooth.com.

www.kooth.com