

With the Christmas holidays fast approaching, we know this time of year can feel overwhelming for many young people, especially those who usually access mental health support through school.

To ensure they still have somewhere safe to turn, we want to remind you that Kooth remains open every single day throughout the Christmas holidays.



Our service provides free, safe, and anonymous mental health support for young people including:

- One-to-one professional support
- Peer-to-peer community forums
- Self-help tools and resources
- Goal-setting and journaling features

To help your team feel confident in signposting young people to Kooth, we are offering free staff training sessions. These sessions provide an overview of the platform, how we safeguard young people, our clinical delivery model and guidance on how best to support young people who may be struggling.

To book an appointment directly click on the link below:

connect.kooth.com/contact-us?utm_source=ALL+KEL+CONTACTS&utm_campaign=6f246223d2-EMAIL_CAMPAIGN_2025_12_08_02_36_COPY_01&utm_medium=email&utm_term=0-33a4940fb9-1434461094

