GOT A PROBLEM?
NEED ADVICE?

FEELING LOW

WWW.KOOTH.COM

Self harm

RELATIONSHIPS

Being abused

BULLYING

Sexuality; gay, lesbian or just confused

Eating disorder

Award-winning counselling services for young people

KOOTH.COM is a FREE, ANONYMOUS, CONFIDENTIAL website where young people can go for help.

> Drop-in chats

> Booked 1:1 sessions

> Themed message forums and lots more

87% of our users prefer online counselling so visit www.kooth.com

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FREE ONLINE SUPPORT FOR YOUNG PEOPLE