# How to sign up to kooth

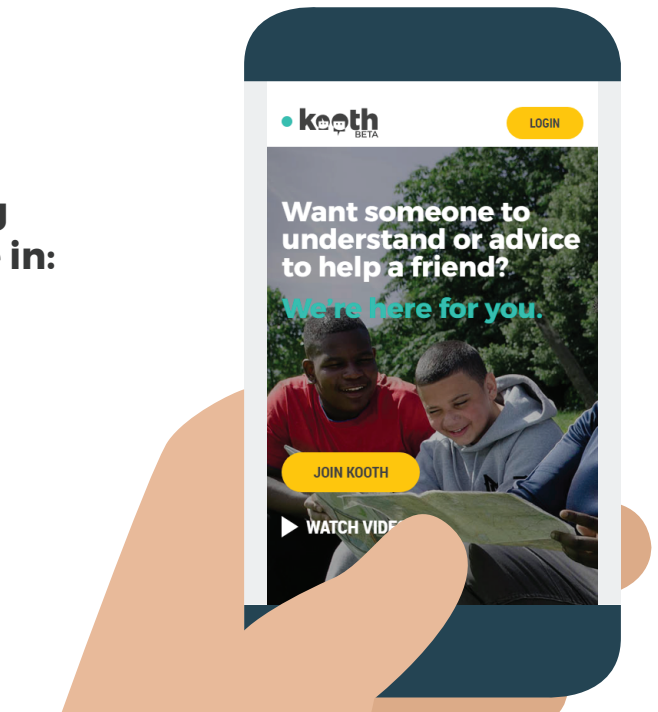
**Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums service for 11-19 year olds who school or live in: Westminster/Kensington/Chelsea/Hammersmith/Fulham**

**Access 365 days a year to counsellors who are available from: 12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday**

**Or live discussion forum Monday, Wednesday, Friday 7.30-9pm. Topics pages and articles are accessible at any time.**

**Log on through mobile, laptop and tablet.**

**www.kooth.com**




1

Click on the **Join Kooth** button

located in the centre of the home page of the Kooth website

2

Choose from the drop down box the location you are in

**The place I live is...**

Choose

3

Click on the gender you identify with

**I am...**

Male | Female | Agender | Gender Fluid

4

Choose from the drop down box the ethnicity that best fits you

**My ethnicity is...**

Choose

5

Add the month and year you were born

**I was born in...**

**Year** Choose

**Month** Choose

6

Create an anonymous username (not your real name) and secure password

**I would like this username**

**My password will be**

7

Choose from the drop down box to explain where you found out about Kooth

**Where did you learn about Kooth?**

Choose

8

Click on the **Create Account** button

to complete your registration

**Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.**

**To talk to a counsellor click the turquoise "Chat now button"**

**To write a message to the team, click on the mustard "message the team.**

**www.kooth.com**