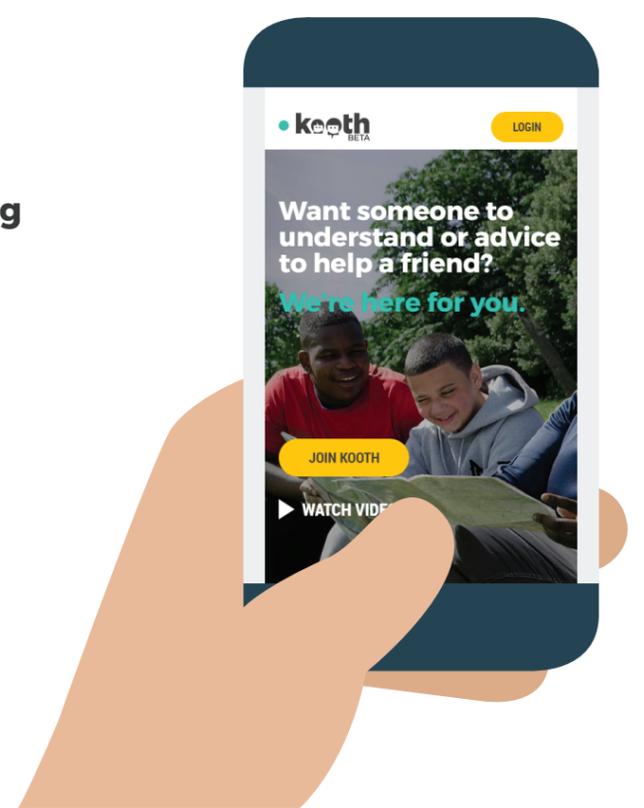# How to sign up to kooth

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering counselling, information, and forums for children and young people.

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

Log on through mobile, laptop and tablet.

www.kooth.com

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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

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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".

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