



Kooth: A Clinically Proven, Safe Platform for Mental Health Support

At Kooth, we are dedicated to supporting the mental wellbeing of individuals. Our platform offers a secure and inclusive space to access support through a choice of therapeutic pathways.

Meet Our Expert Team

- **Mental Health Practitioners:** Trained professionals with Bachelor's degrees in behavioral health fields. They welcome users and help them navigate resources on the platform.
- **Licensed Clinical Team:** Licensed with Master's degrees, specializing in chat-based counseling for expert support.
- **Supervision & Safety:** All staff are supervised and undergo thorough background checks for youth safety.

Our Approach to Therapy

- **Chat-Based Counseling:** We currently offer chat-based counseling services through both booked and drop-in sessions.
- **Moderated Peer Engagement:** Youth do not chat directly with each other or share personal contact information. User-generated content is anonymous, and comments are moderated by our clinical team to ensure full safety on the platform.

Our Mission: Kooth's mission is to bring free, safe and confidential mental health support through a behavioral health platform that creates a therapeutic ecosystem where people can thrive.

Our Collaborative Process:

- Any content generated by our team and users undergoes review to ensure community guidelines are met, maintain anonymity, and be free from risk factors before being published for other users to see.

