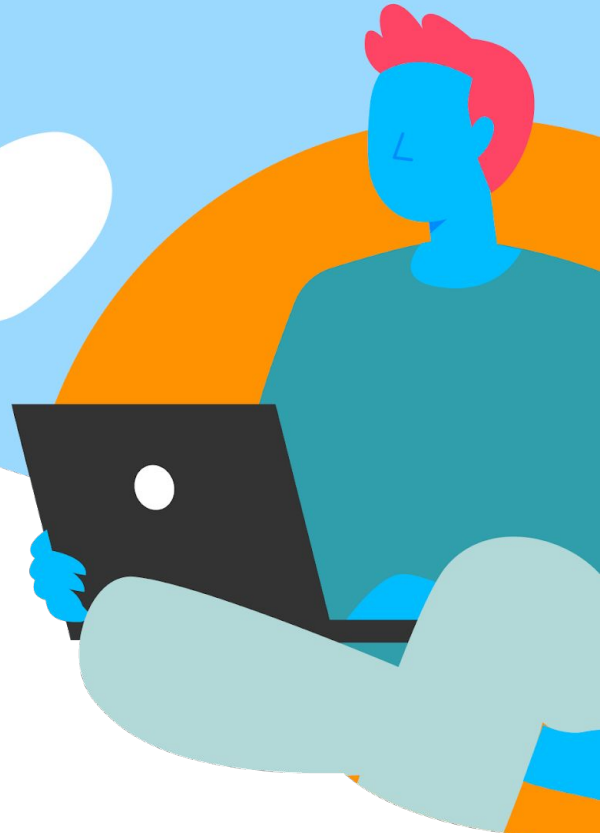
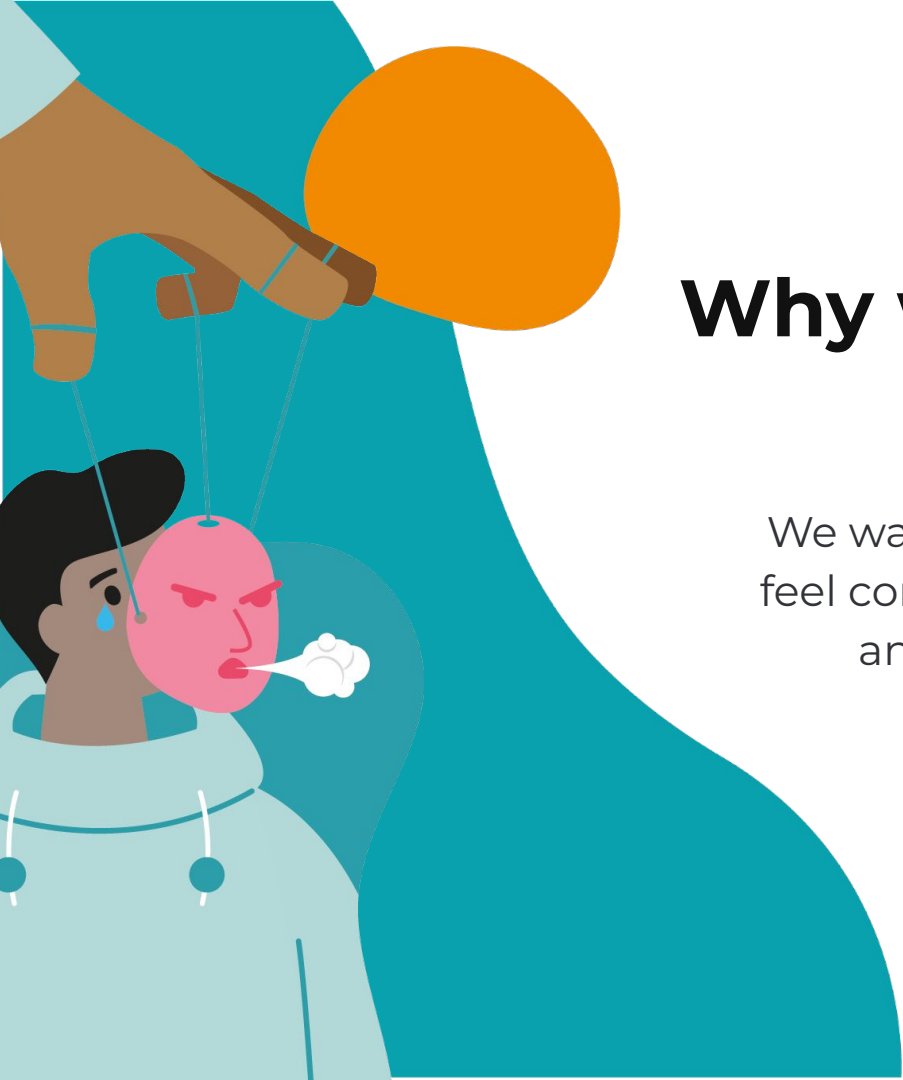


kooth

Free, safe, anonymous and
online mental health support

go.kooth.com/8f0j





Why we're here today

We want to promote safe spaces for **everyone** to feel comfortable to talk about how they're feeling and explore how Kooth can support you



**know
Yourself
grow ↗
Yourself**

Know yourself, grow yourself

It is so important we understand what makes us tick, our likes and dislikes, strengths, fears, hopes and dreams.

[kooth.com](https://www.kooth.com)

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

What is self awareness?

Being self-aware means:

- Getting to know and understand what we are good at
- Being aware of what we find difficult
- Understanding our likes and dislikes, including what makes us feel joy and what may cause us sadness
- Exploring our hopes and dreams

Benefits of being self aware?

- We get to know what we want and need
- We understand ourselves better inside and out
- We can develop our skills and talents
- We can form healthy relationships with others
- We can become more equipped to cope with the challenges that life brings our way





How well do you know yourself?

- What are you good at?
- What do you find difficult?
- What do you like?
- What do you dislike?
- What brings you joy?
- What brings you sadness?



What do your emotions look like?

We all have different feelings throughout the day. They might include joy, sadness, anger, or even anxiety. **What feelings have you felt today?**

Pick one of those feelings and think carefully about what it might look like. You might want to think about:

- What colour it is
- How big or small it is
- What facial expression it might have



What are your personal goals?

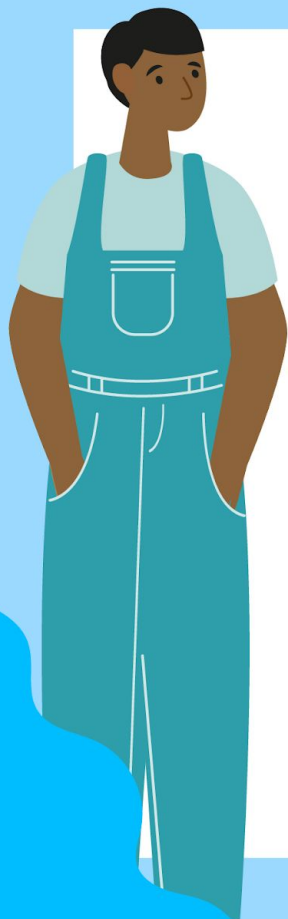
Think about what you want to achieve this week, this month, or this year

- Getting better at something
- Establishing healthy habits
- Reaching your dream
- Expressing yourself
- Learning ways to cope

DID YOU KNOW!

Kooth also has a handy goal setting feature





Top tips on getting to know yourself

1. Try out new things
2. Share how you feel with someone you trust
3. Think about what you like and dislike
4. Keep a feelings journal
5. Pay attention to your thoughts and feelings
6. Think about your goals



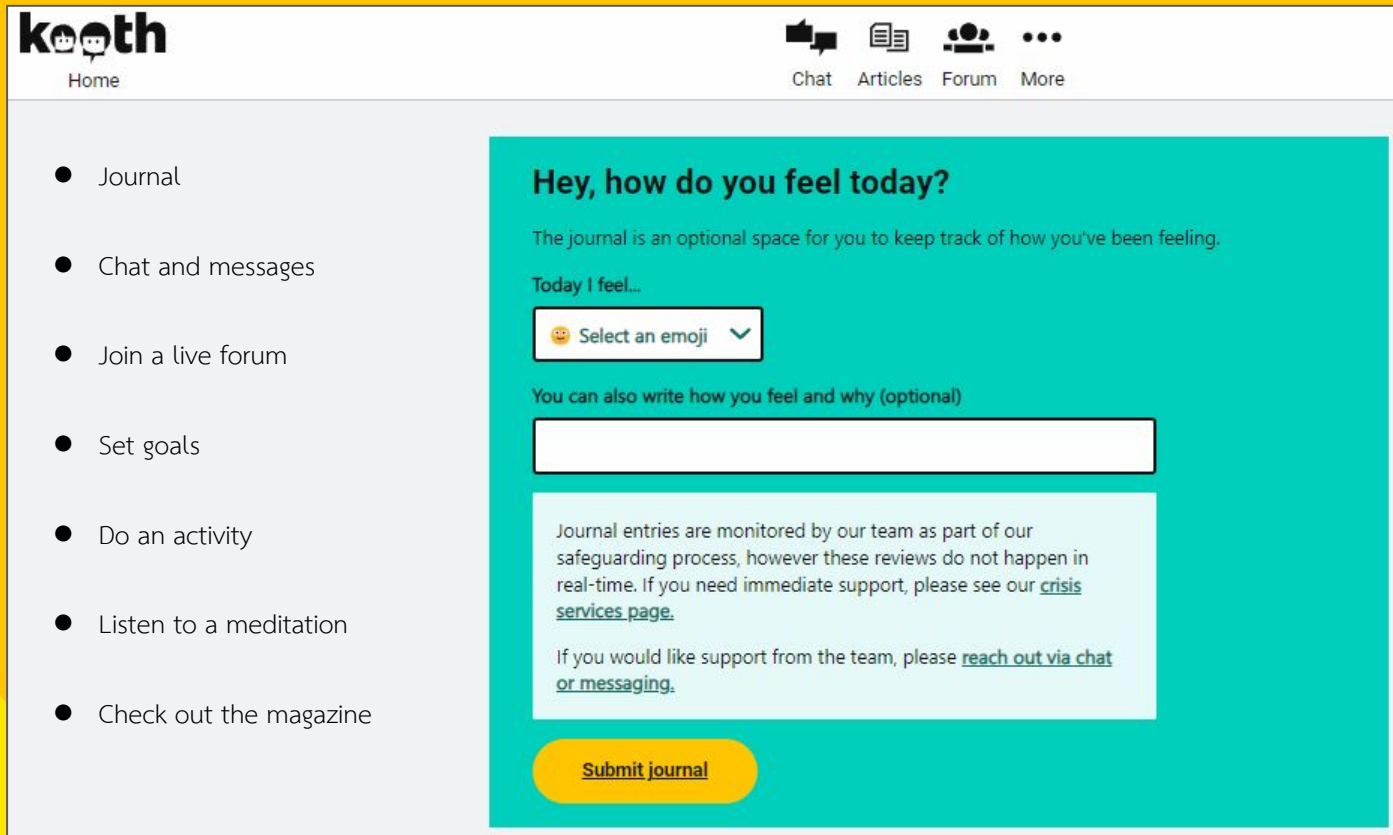
Try our 1 minute meditation

keeth

releasing

Mindful Meditations: Letting Go

Get to know yourself better on Kooth



The screenshot shows the Kooth website interface. At the top left is the Kooth logo with the word 'Home' below it. To the right are navigation icons for Chat, Articles, Forum, and More. A left-hand sidebar contains a list of menu items. The main content area is a teal-colored box titled 'Hey, how do you feel today?' which includes a description of the journal, a form for selecting an emoji and writing a journal entry, a disclaimer about monitoring, and a 'Submit journal' button.

kooth
Home

Chat Articles Forum More

- Journal
- Chat and messages
- Join a live forum
- Set goals
- Do an activity
- Listen to a meditation
- Check out the magazine

Hey, how do you feel today?

The journal is an optional space for you to keep track of how you've been feeling.

Today I feel...

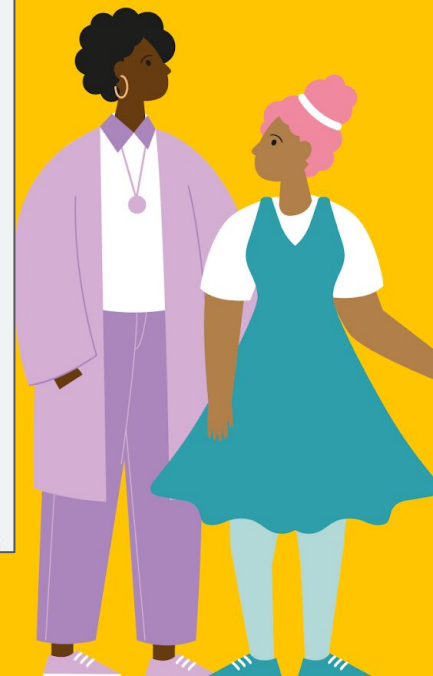
Select an emoji

You can also write how you feel and why (optional)

Journal entries are monitored by our team as part of our safeguarding process, however these reviews do not happen in real-time. If you need immediate support, please see our [crisis services page](#).

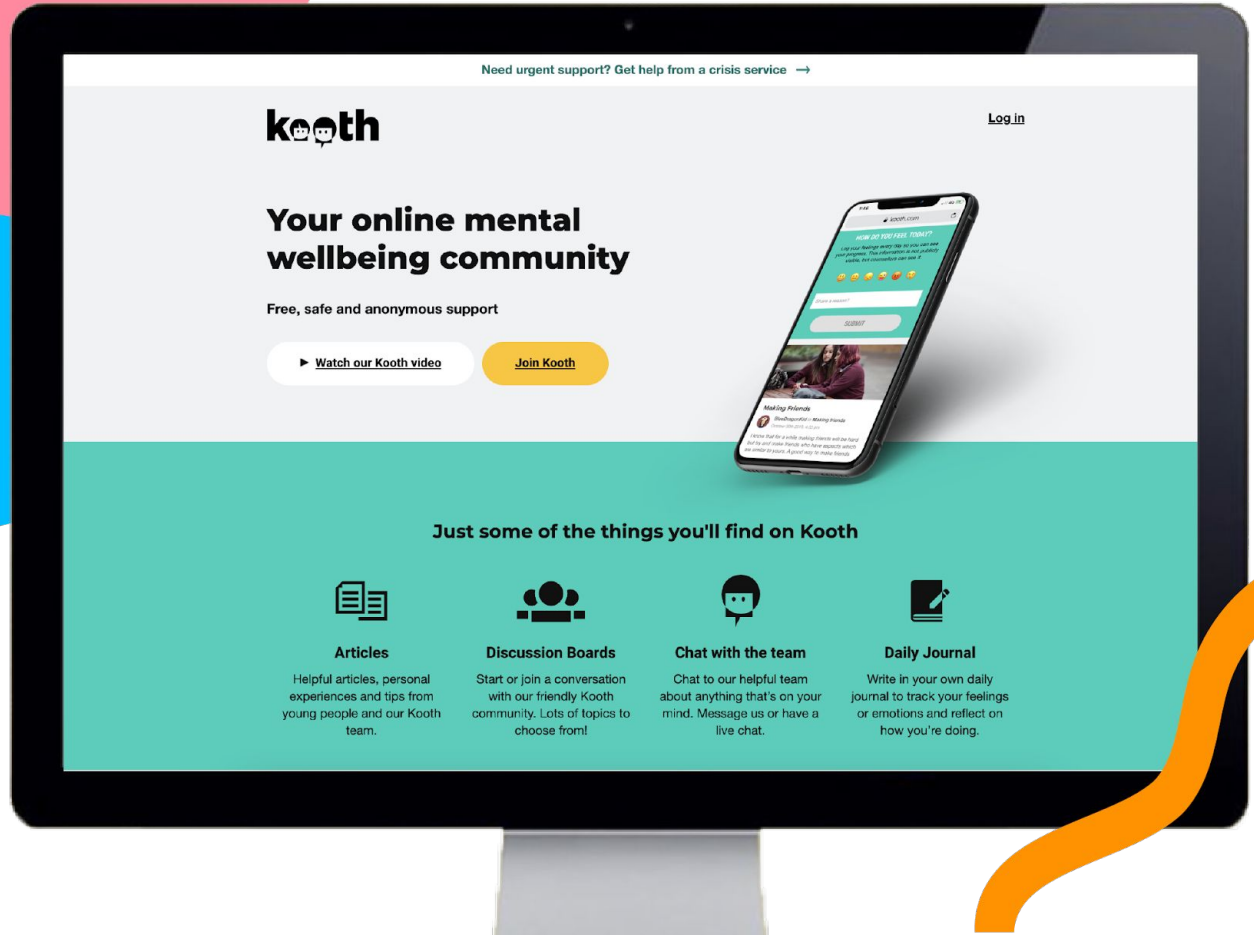
If you would like support from the team, please [reach out via chat or messaging](#).

Submit journal



go.kooth.com/8f0j

Click on the
'Join Kooth'
button to
get started





How to sign up to Kooth.



- 1 Select **Join Kooth** button.



- 2 Sign up by postcode or select your location from our dropdown list.



- 3 Enter the first part of your postcode.

Or



- 4 Choose your area from the dropdown.



- 5 Select your month and year of birth.



- 6 Select your gender and ethnicity.



- 7 Create an **anonymous (not your real name)** username and secure password.

Kooth is a **free, safe** and **anonymous** mental health and wellbeing platform for children and young people. You can access Kooth via mobile, tablet or desktop by visiting [Kooth.com](https://www.kooth.com).

Our team are
here for you
365 days a year

You can chat with us
during the following hours:

Monday - Friday
12pm - 10pm
Saturday and Sunday
6pm - 10pm

**You can
trust us**

95%

of our users
would
recommend
Kooth to a friend

Join over 1 million
young people who
have logged into
Kooth.com

Our team are
**real people who
want to listen
and help**



kooth.com

Everyone needs support sometimes - and if you do, **we're here**

Free, safe, anonymous and online



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