



Kooth's Wellbeing Summer Checklist

Why not try one of these support options for each week of the summer holiday period. **Visit kooth.com to get started.**

Try a wellbeing activity in Kooth's mini activity hub.

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Join a discussion board with our supportive community of young people. Visit kooth.com to get started.

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Listen to a Kooth podcast - You can find us on Spotify and Apple Podcasts.

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Have a chat with a member of our team. Our team of counsellors and wellbeing practitioners are online between **12pm and 10pm on weekdays and 6pm - 10pm on weekends.**

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Read an article on Kooth written by a young person or a member of our team.

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Try journalling to understand and track how you've been feeling. You can do this by logging into kooth.com and getting started on the homepage.

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