



Kooth's Wellbeing Summer Checklist

Why not try one of these support options for each week of the summer holiday period. **Visit [kooth.com](https://www.kooth.com) to get started.**

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

Join a discussion board with our supportive community of young people. Visit [kooth.com](https://www.kooth.com) to get started.

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

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.**

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

Try journalling to understand and track how you've been feeling. You can do this by logging into [kooth.com](https://www.kooth.com) and getting started on the homepage.

