

# Free, safe and anonymous mental health and wellbeing support at your pace

For young people aged 10-25 in Doncaster



Chat to our team



Helpful articles



Community support



Self-help articles

Whatever is going on in your life, the anonymous community on Kooth and our team of professionals are here to help and support you 24/7.

Connect with others by sharing your experiences, gain self-care tips through our themed collections & helpful articles, or drop in for an online chat with a mental health practitioner.

Sign up today at  
[kooth.com](https://www.kooth.com)

