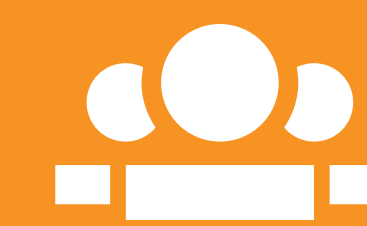




# kooth

**Work taking its toll on you?**  
Discover how we can support your mental wellbeing



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

Sign up for free at **Kooth.com**