



**Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.**

We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. We also offer expert training and professional qualifications.

<https://www.place2be.org.uk/>



Our vision is  
“A society that understands and  
is active in improving mental  
health and wellbeing and  
building emotional resilience of  
people of all ages”

Washington Mind’s mission  
is to work in partnership with our  
community to promote recovery  
and improve mental health and  
wellbeing.

## Just some of the things you'll find on Kooth



### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



### Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



### Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

<https://www.kooth.com/>



**kooth**