

# Confidential online mental health support that's at no cost.



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get started!**  
[us.kooth.com/philasd](https://us.kooth.com/philasd)

Kooth is a digital mental health provider funded by  
the Pennsylvania Department of Human Services.





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## Chat with a professional

Our friendly team of professionals provide confidential support through messaging and text based chat. Whatever is on your mind - there's nothing too big or small!



## Find support from others

Relate to similar situations and connect with others by sharing experiences and gaining valuable self-care tips through our discussion boards.



## Read self-help articles

Helpful articles, personal experiences and tips from both the community and our professional team.



## Try our self-help tools

Set personal goals, write in your journal, or browse through our collection of activities on the site.



Remain anonymous to other users



You don't need any sort of referral



All activity is moderated



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We're online in the afternoons and evenings.

3pm - 11pm ET (7 days a week)

Everything else is 24/7.

Una copia de este folleto está disponible en español en [go.kooth.com/phl-es](https://go.kooth.com/phl-es)