

think *Ninja*



What is ThinkNinja?

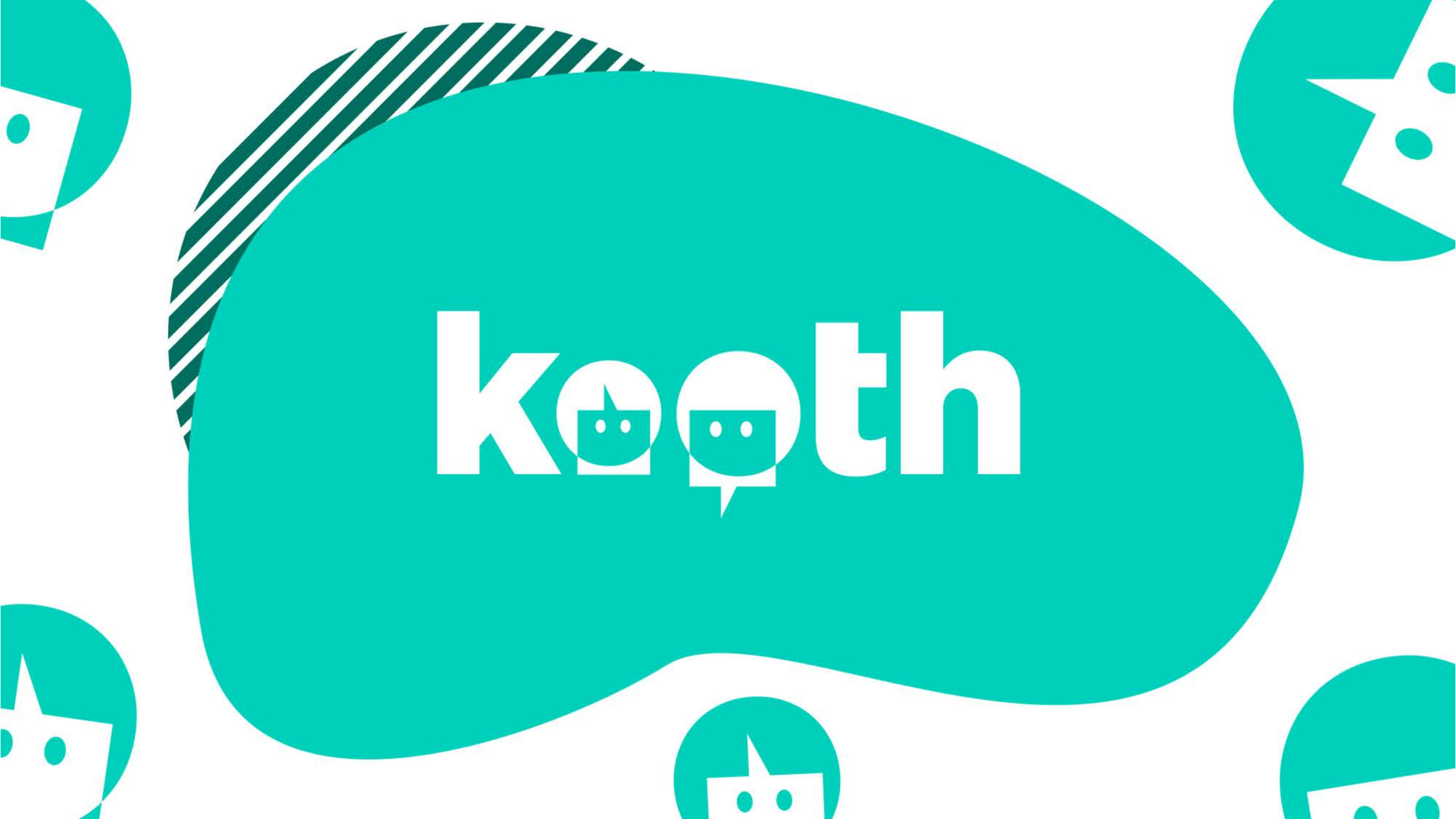
- Your guide is the **WiseNinja**, an **automated virtual assistant** built on artificial intelligence and replicating a clinical psychologist
- Provides **psychoeducation on mental health and emotional wellbeing**
- **Coaching tips for staying well and handling distress**
- Coaches on a range of skills to support **overall emotional wellbeing and resilience**



What is ThinkNinja?

- If user expresses symptoms of anxiety and or low mood, WiseNinja can 'unlock' content to support getting well, all based on Cognitive Behavioural Therapy
- The user tracks their mood, ability to cope and activity levels as part of raising self-awareness and self-management for improved mental health and emotional wellbeing
- Content was co-created by clinical experts at Healios, world-leading child experts, Professor Cathy Cresswell and Professor Paul Stallard and young people themselves
- What makes ThinkNinja unique are the two step up functions...



The image features the Kooth logo centered within a large, teal, irregular speech bubble shape. The word "kooth" is written in a white, lowercase, sans-serif font. The two 'o's are replaced by white speech bubble icons, each containing a teal speech bubble with two dots. The background is white and decorated with several teal speech bubble icons of varying sizes, some containing white speech bubbles with dots. A teal and white striped shape is visible behind the main teal bubble on the left side.

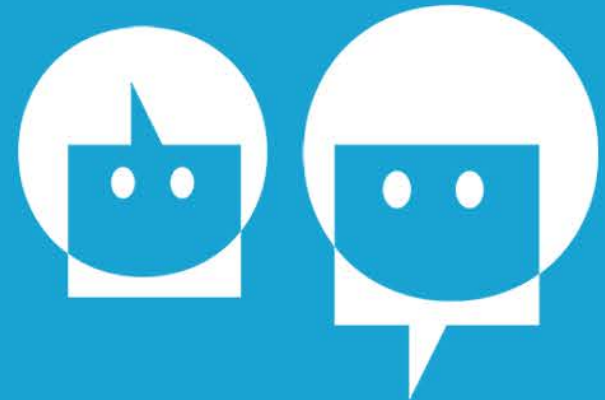
kooth

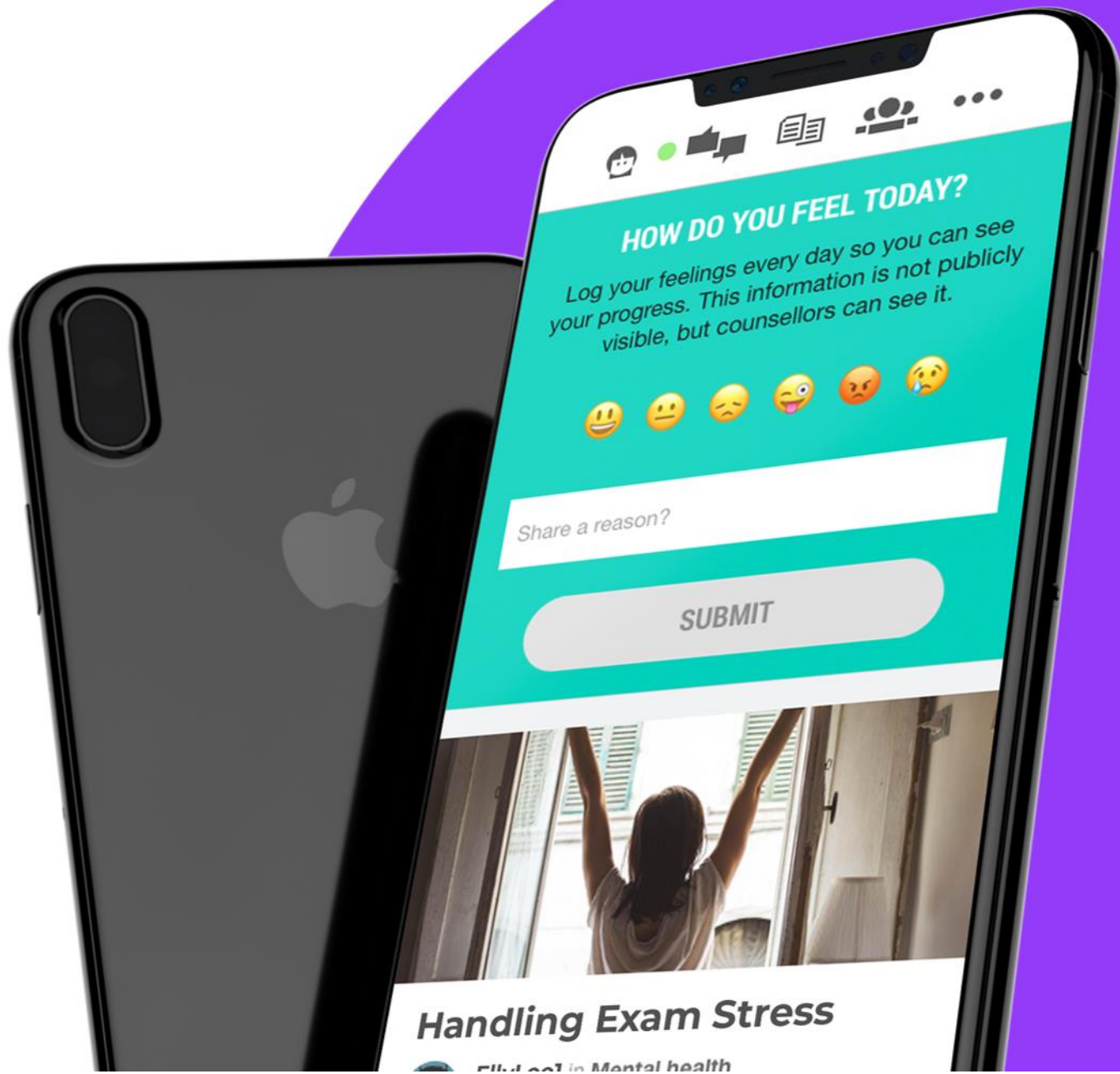
About Kooth

- Kooth is a service of Xenzone, which was founded in 2001 to help break down the stigma attached to mental health services
- Works across the country in 100+ different local authorities– provides mainly online service (Kooth), but also blended services (face-to-face AND online).
- Kooth is our flagship service, that has won awards for delivery. It works best as fully integrated service, it also provides gateway to other services (inc. f2f counselling)
- Kooth attracts ‘hard to reach’ and ‘under the radar’ young people
- It is able to support over 65,000 young people each year through its variety of support tools

Online counselling & well-being support

- Young people can sign up themselves – no referral needed
- Text based – live or asynchronous messaging
- Offers a range of therapeutic tools and activities
- Open 365 days a year
- 12-10pm weekdays, 6-10pm weekends





kooth

It's free, safe and
anonymous.

An illustration of two people. On the left, a person with red hair and glasses, wearing a yellow jacket over a white shirt and a dark tie. On the right, a person with dark hair, freckles, and a yellow beanie, wearing a green hoodie and white earbuds. They are both smiling and looking towards the right. The background is a teal gradient with a white circle containing the text '365 days'.

365
days

**When are our
counsellors
online?**

Monday - Friday

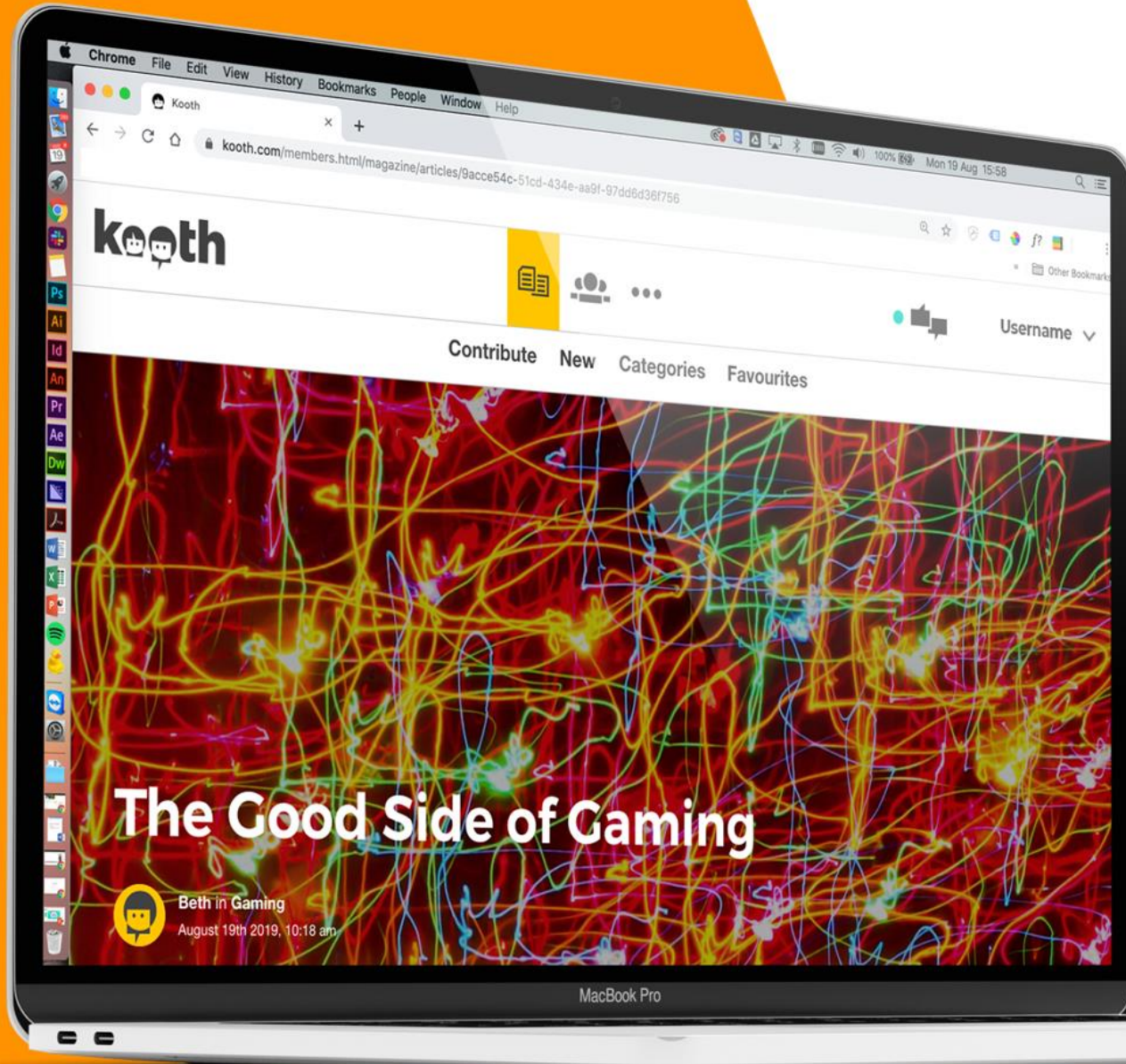
Afternoons & Evenings

Weekends

Evenings

Full counselling hours are on the homepage

“Kooth offers so much more than just speaking to a counsellor. The community is always online, and there’s other young people that will be there to help you. **You’re never alone, don’t be afraid to speak up.**”



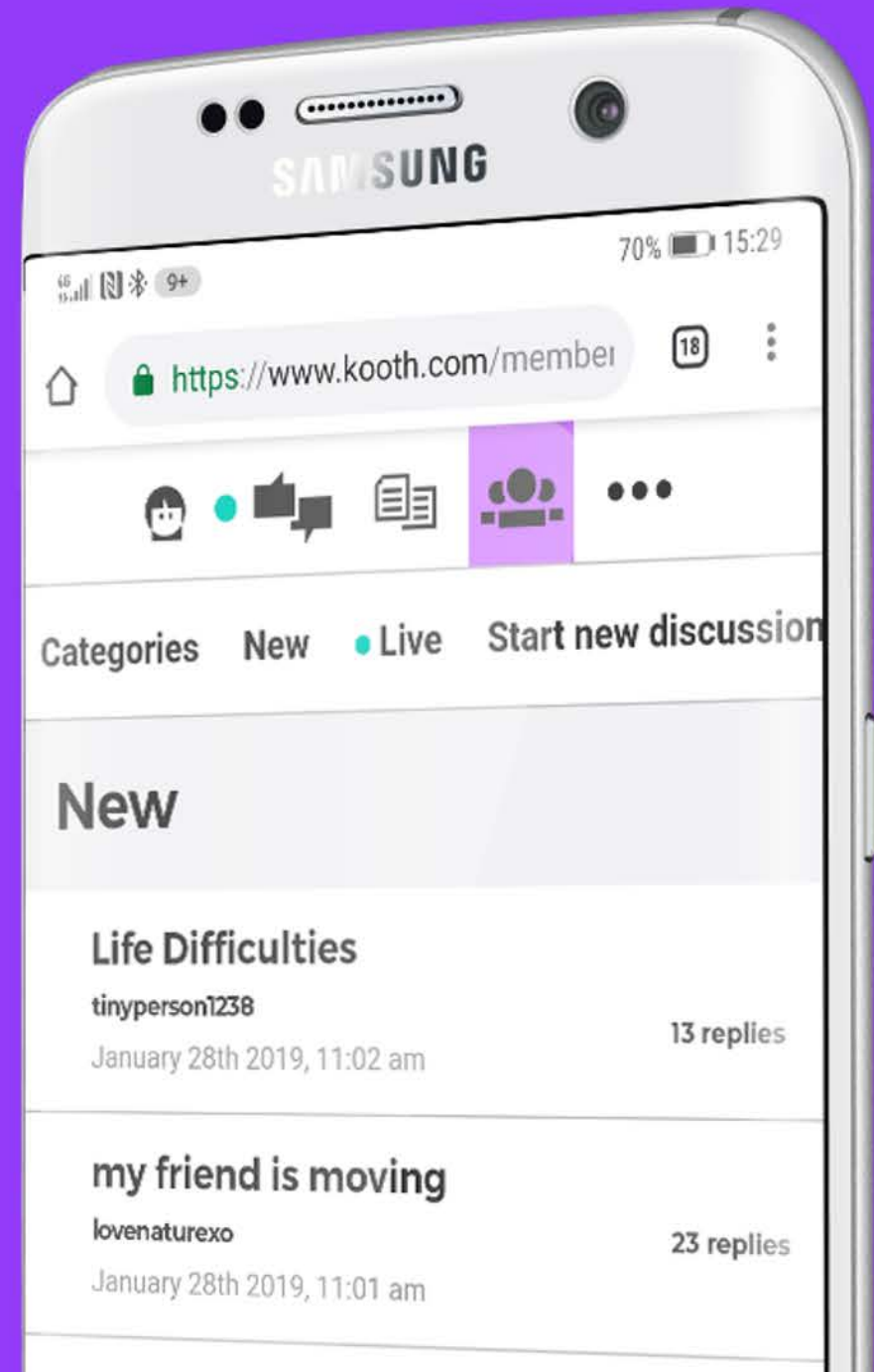
Kooth Magazine

- Posts include anything from personal stories, to creative writing and advice on how to get through a hard time
- Explore articles written by experienced professionals
- Contribute to the magazine, or read other young people's posts!

Kooth Forums



- Browse through posts on many different topics, both serious and fun!
- Give or receive support from others in similar situations to you
- Connect with others in themed live forums



Kooth is free, safe and
anonymous.

- Everything is pre-moderated and confidential
- No personal details or real names
- All the counsellors are trained, qualified and are used to working with young people
- If you needed, we would talk to you about face-to-face services as well as talking to us online