



What are Pennsylvania service users saying about Kooth?

In 2022, the Department of Human Services awarded Kooth US a grant to offer its web-based services to school districts that chose to opt in. School districts would not incur any costs, nor would students who elected to use the service.

In its first **5 months**, **92,184** students gained access to Kooth in Pennsylvania.

User Testimonials



“When I saw the mini-activities, I was very intrigued and I think this is really cool. I also like the personal journal and just being able to write about your feelings to sort your life out.”

– **Student, 16, 10th Grade, Southeastern PA**

“People with social anxiety or [people who] are ashamed of them being depressed or anxious may have trouble talking to a therapist in real life and having anonymous or just online chats with somebody who can help them get through it, or just be there for them to show someone cares can help wonders.”

– **Student, 15, 10th Grade, Northeastern PA**

“I like having anonymous support, considering there’s things that I’d like to keep to myself but also share with others to maybe get help with it. I feel judged when I talk about my problems so if I talk about them anonymously it really helps.”

– **Student, 15, 9th Grade, Northeastern PA**

86%
of users found content on Kooth helpful

Service users that had a booked chat with a practitioner (either single-session or structured work) were asked to provide feedback. Of the 35 service users who provided feedback:

93%
felt heard, understood and respected

91%
found the session helpful, and

86%
would recommend chat to a friend



This is highly positive as it demonstrates that the therapeutic support provided by practitioners is well-received and aligned with young people’s expectations and needs.



What are Pennsylvania stakeholders saying about Kooth?

100% of superintendents and principals thought that Kooth could, to some extent, help to increase students' engagement and concentration in school, and ultimately their academic outcomes.

92%

of school and school district staff members said that they think digital services can support children and young people's mental wellbeing in their school districts.

75%

of superintendents and principals said they were confident or very confident that Kooth will improve rapid escalation of support for students in crisis.

95%

of staff reported that there was an increased need for more mental wellbeing support for students in their school over the last year.

Stakeholder Testimonials

“[Kooth provides] access to valid and vetted digital resources, rather than obtaining ideas from random online platforms.”

– **School Counselor, Northwestern, PA**

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It is clear that we need a system that is built around the needs of youths and targeted at removing the barriers TEENS face and experience as most pressing. Kooth aims to address these challenges through working closely with the school districts in Pennsylvania to remove some of the barriers and improve access to mental health and wellbeing support.”

– **Dr. Ellen Fitzimmons-Craft**

“Kooth allows our students to be able to manage their mental health issues. They can freely ask questions, get answers and speak with a licensed therapist if needed. It is a type of security for them knowing it is always available for them.”

– **School Counselor, Northeastern, PA**

By providing students with 24/7 digital access to self-therapy, peer support and professional support, without the need for referral and at no cost to the students, their parent/caregiver, or the school, Kooth overcomes many well-recognized barriers to mental health care for youth across Pennsylvania.

Student mental health challenges are significant and growing, driven by academic pressures, the pervasive influence of social media, and the enduring effects of the pandemic. Kooth offers a vital solution with its accessible, confidential platform providing online counseling, peer support, and educational resources, available anytime, anywhere. This 24/7 availability is crucial for meeting our students' diverse needs and our state's disparate resources.