



Chat to the team online.  
Message or use live chat



Read articles written  
by other young people



Get support from the  
Kooth community

“I really like how you can share your problems anonymously and have help from others. It makes me feel accepted and that people won't judge me.”

- Kooth community



## Support when it's needed

Bank  
Workers  
Charity

If you're aged 11 - 18, you can have one-to-one chat sessions with a qualified counsellor about anything that's on your mind from home, school or life.

You'll also have access to an online community of other young people, sharing their stories and advice with each other through forums, self-help articles and tools.

Kooth is your free, safe and anonymous online mental wellbeing platform.

**Join Kooth: [kooth.com/bwc](https://kooth.com/bwc)**

### Supporting the banking community past and present

The Bank Workers Charity is the working name of the Bankers Benevolent Fund, a company limited by guarantee in England (No. 19366) and a charity registered in England (No. 313080). Registered office: Salisbury House, Finsbury Circus, London, EC2M 5QQ.