

1 March 2024

**Kooth plc**

("Kooth" or the "Company" or the "Group")

**Block Listing Six Monthly Return**

Kooth, a global leader in youth digital mental well-being, today makes the following notification pursuant to Schedule Six of the AIM Rules for Companies regarding its existing block admission arrangements:

Name of applicant:		Kooth plc		
Name of scheme:		Kooth plc Long Term Incentive Plan		
Period of return:	From:	1 September 2023	To	29 February 2024
Balance of unallotted securities under scheme(s) from previous return:		3,600,000 ordinary shares of 5p each		
<u>Plus:</u> The amount by which the block scheme(s) has been increased since the date of the last return (if any increase has been applied for):		n/a		
<u>Less:</u> Number of securities issued/allotted under scheme(s) during period (see LR3.5.7G):		143,259 ordinary shares of 5p each		
<u>Equals:</u> Balance under scheme(s) not yet issued/allotted at end of period:		3,456,741 ordinary shares of 5p each		

**Enquiries:**

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**About Kooth plc:**

Kooth (AIM:KOO) is a global leader in youth digital mental well-being. Our mission is to provide accessible and safe spaces for everyone to achieve better mental health. Our platform is clinically robust and accredited to provide a range of therapeutic support and interventions. All our services are predicated on easy access to make early intervention and prevention a reality.

Kooth is a fully safeguarded and pre-moderated community with a library of peer and professional created content, alongside access to experienced online counsellors. There are no thresholds for support and no waiting lists.

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Kooth is the longest standing digital mental health provider to hold a UK-wide accreditation from the British Association of Counselling and Psychotherapy (BACP) and according to NHS England data for 2022/23 is now the largest single access provider for mental health support for under 18s.

In 2021, Kooth began executing on its international expansion strategy, with an initial focus on the US market. This focus is due to the growing recognition of the importance of improving youth mental health in this key global healthcare market, with 1-in-6 people aged 6-17 experiencing a mental health disorder each year.

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