

Tellmi
The Health Foundry
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Dear PARENT

One of the best ways for a young person to manage their wellbeing is to share how they are feeling. We are delighted to be partnering with your school to share our expertise and provide additional support for students. **Your child can add their school when they register their account.** [Here](#) is a short video to explain how it works. Tellmi can be downloaded from [Google Play](#) and [Apple App Store](#).

[Tellmi](#) is a multi-award winning, age-banded, peer support app that the NHS deems safe for people as young as 11. The app has been independently evaluated by the Evidence Based Practice Unit at University College London and is evidenced to improve mental health in young people. Users can anonymously post about anything that is worrying them and receive supportive replies from other people of a similar age. All posts and replies are checked by trained moderators and are published within 30 minutes. High-risk posts are redirected to the in-house counselling team for immediate support.

Tellmi features a comprehensive support directory with over 600 resources and educational resources and users can access 24/7 crisis support in two clicks. Both the feed and directory can be filtered by topic, eg 'exams', 'friends', 'autism' which makes it easy for young people to join relevant conversations and access appropriate support.

"I actually didn't realise how much better this app can make someone feel. I love being able to ask my own questions and just the experience of trying to help even one other person helps me to feel happier too" –Tellmi User

For more information about how we keep your child safe, our approach to confidentiality, or any other question please visit <https://www.tellmi.help/safeguarding>.

Yours sincerely,
Kerstyn Comley
Co-CEO