



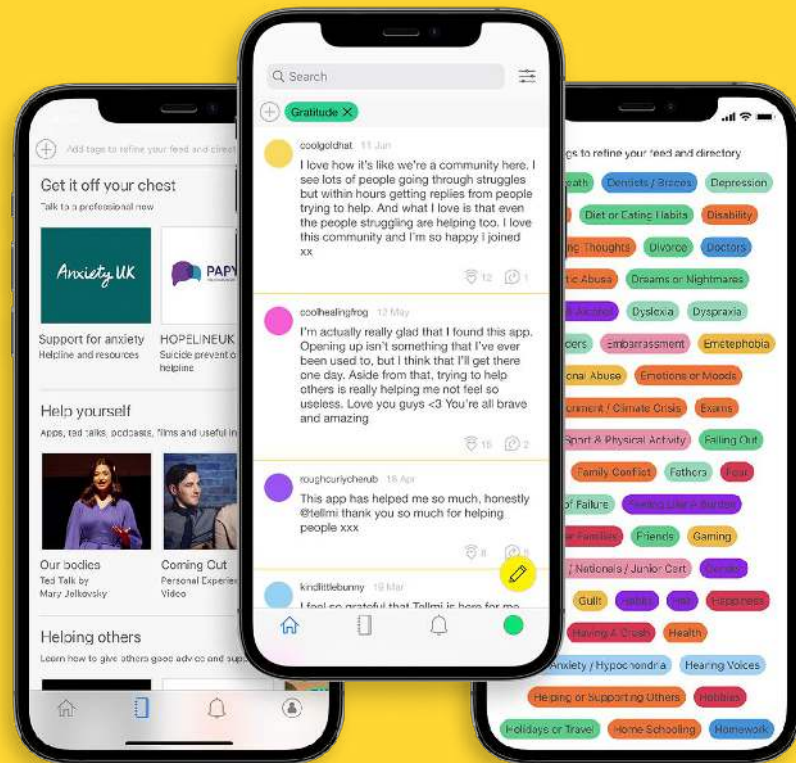
**Supporting Wellbeing at Your School**

# How it works...

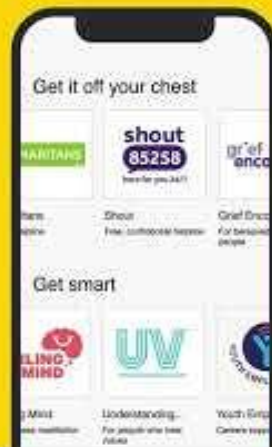
We are working with Tellmi to support you during your time at school.

Tellmi is an amazing app that allows you to post questions, talk about anything you are going through and receive support from others. That could be someone your age or even a counsellor.

Here's how it works...



## Browse the directory

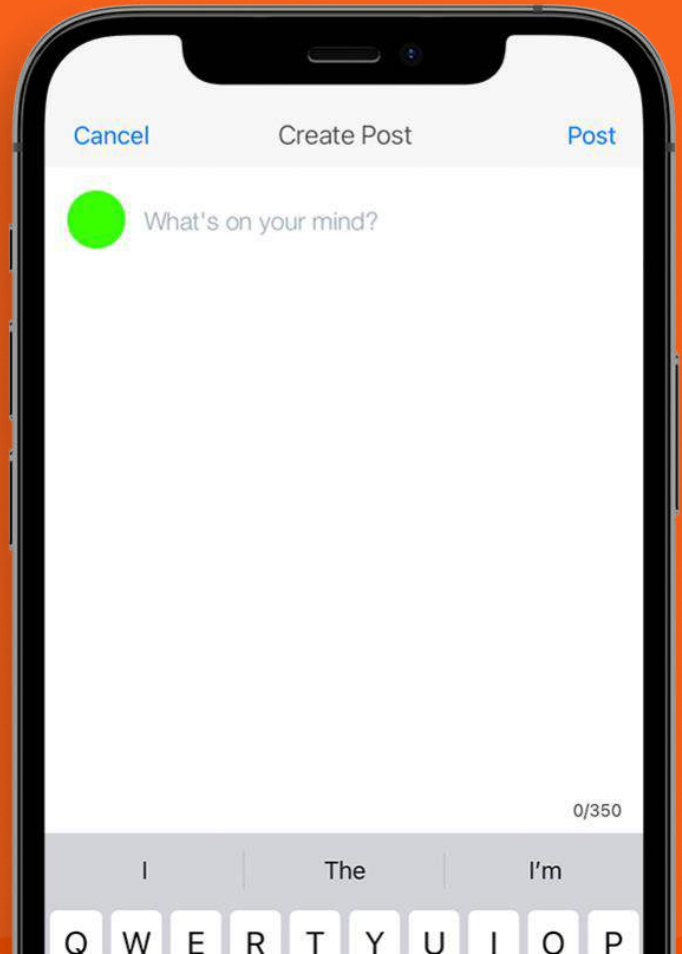




# Making a Post

You can make an anonymous post about whatever is on your mind.

Being specific tends to generate more useful replies. We know it can be hard to say what you want in 350 characters, but the limit is there to help you focus on what it is that you need help with. Keeping it short makes it easier for other people to offer useful advice and support.



# Keeping You Safe

All posts and replies are checked by one of our team of trained moderators before being published.

Moderation takes an average of 19 minutes.

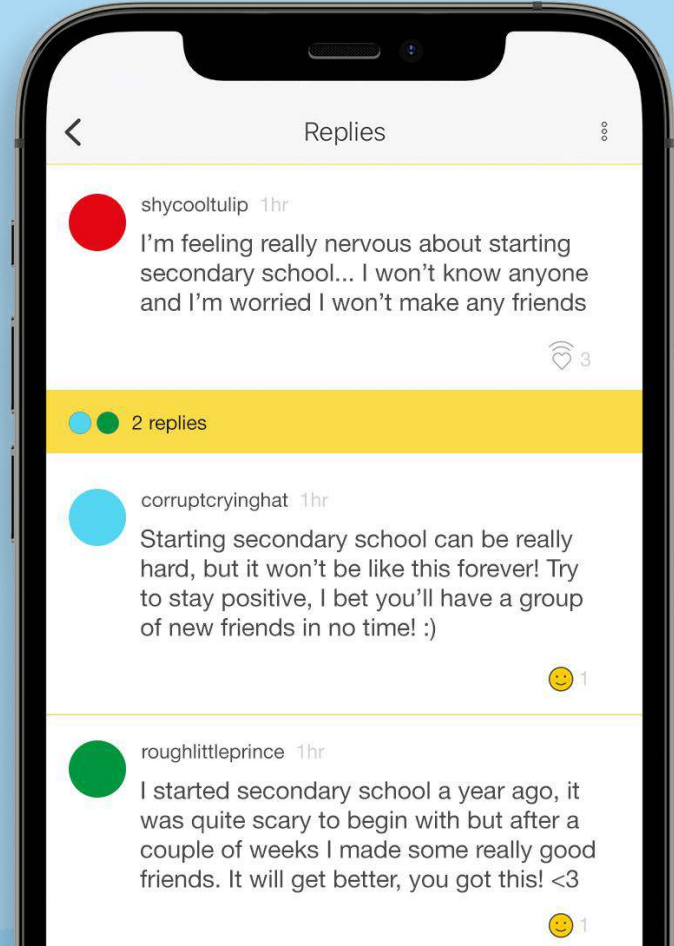
Moderation hours are from 8.30am to 11pm, so if you make a post or reply outside of those hours, it won't be published until we open again.



# Age Banding

When you register for the app, we ask for your date of birth so that you are only shown posts from people of a similar age (2 years above and 2 years below).

Age banding means that the conversations you see are much more relevant to you.

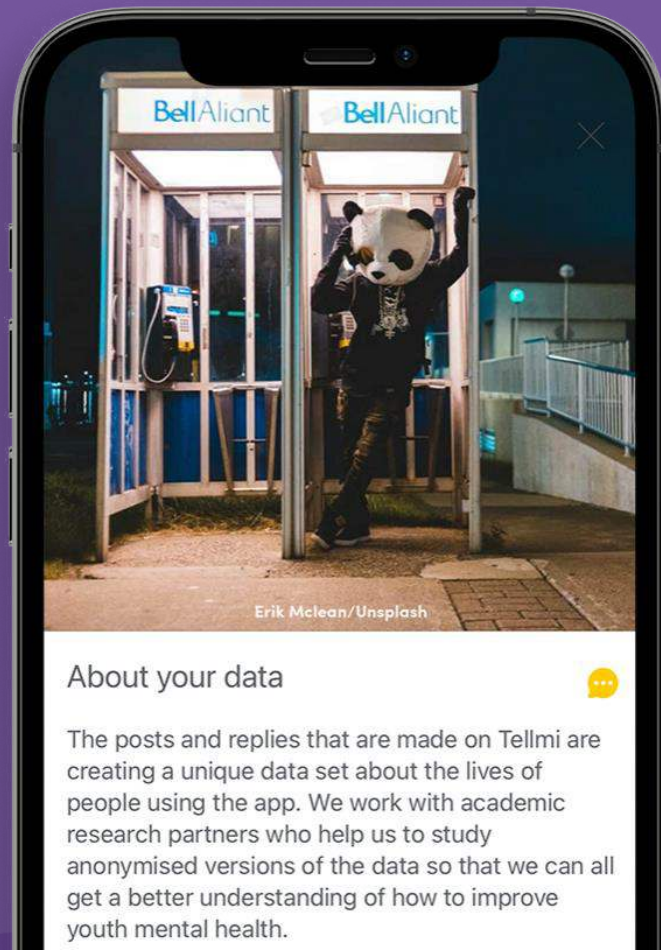


# Data and Privacy

On Tellmi you can talk about anything that's on your mind.

We will never share or sell information that can identify you. The only exception is if we think someone's life is at risk.

The limited information that you use to sign up to the app is stored securely on encrypted databases.



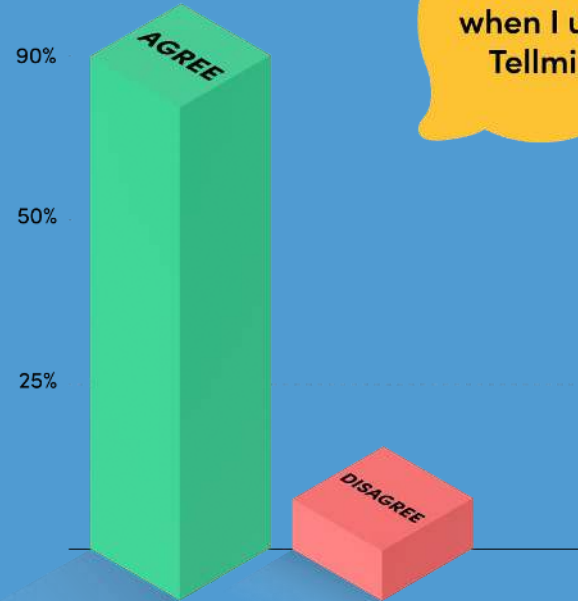


# Tellmi Works

Tellmi has been proven to\*:

- Make young people feel better and less alone
- Improve confidence
- Increase connectedness
- Improve mental health self-management skills

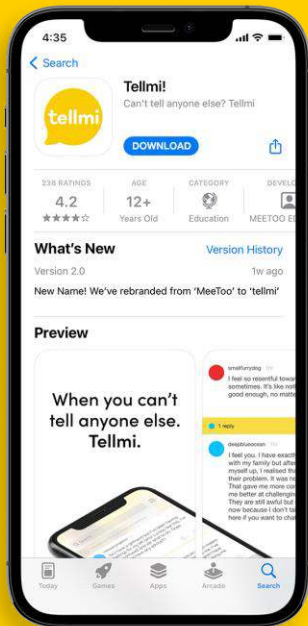
\*Based on an independent evaluation of the Tellmi app in 2021 conducted by the Evidence Based Practice Unit at University College London and the Anna Freud Centre.





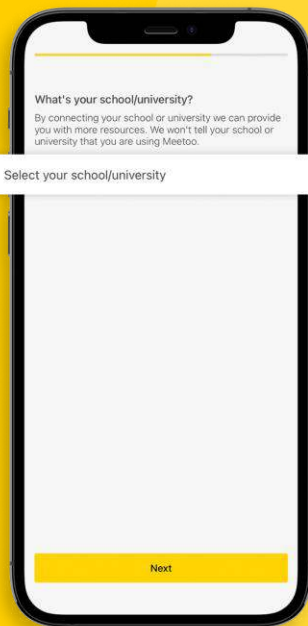
tellmi

## 1. Download Tellmi on your phone.



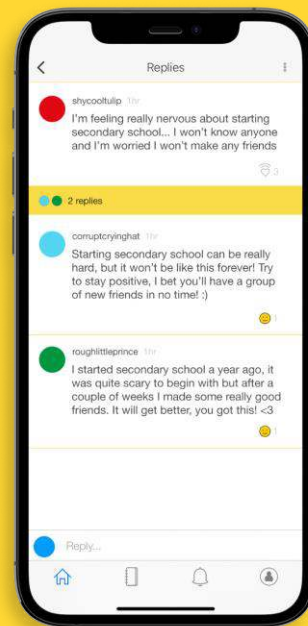
Tellmi is anonymous and confidential. That means that no one in real life will know what you are posting (**not even your teachers**).

## 2. On registration (or in 'Edit Profile') add your school.



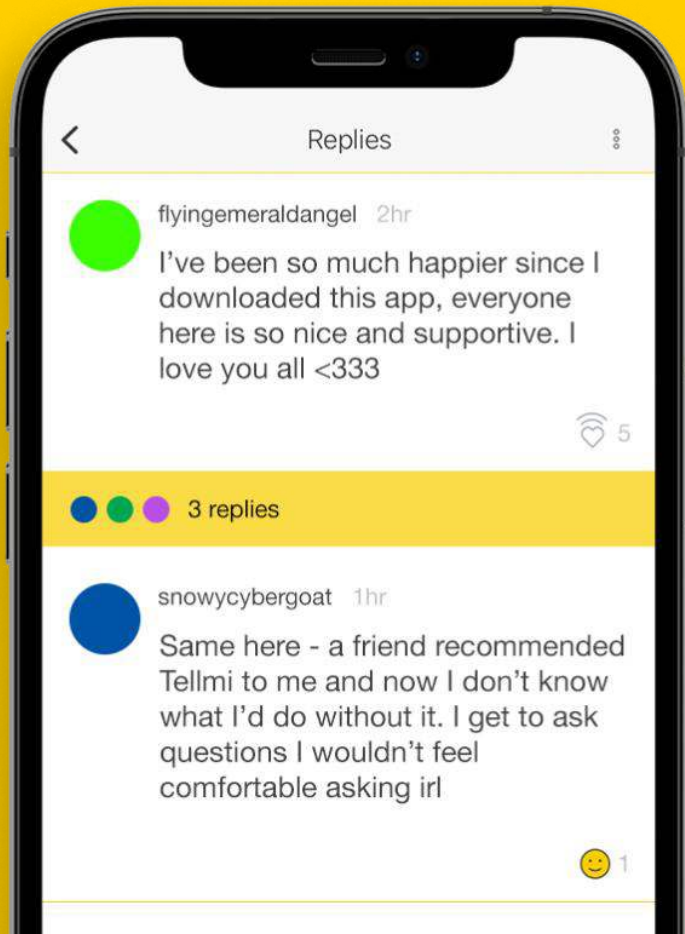
Add your school so you can connect directly with your school's safeguarding lead, counsellor or school nurse.

## 3. Reply to others with advice and encouragement.



Make a post about whatever is on your mind, or leave a helpful reply - you'll be surprised how good it can feel to help someone.

tellmi



# Download the app!



Or search **Tellmi** on the App Store or Google Play



Or access the web app at **tellmi.app**.

[www.tellmi.help](http://www.tellmi.help) • @tellmi\_helps