

# About Us

stem4 is a UK-based teenage mental health charity. We provide free mental health apps, mental health education, and a range of offline resources which are all clinically validated and co-produced with young people. We work with children and young people, their families and carers, educators, and healthcare providers.

# Our Vision

To protect the mental health of children and young people, enabling them to live happy and healthy lives. We encourage ways of building resilience, promote recognition of mental ill health, provide access to effective early intervention tools, and signpost to further help.



## From Self-Care to Seeking Support

The stem4 website has wide-ranging information on many mental health conditions for various audiences. We provide tips, blogs, resources, and information on sources of help.



## Mental Health in Education

The Head Ed for schools programme, stem4 resources, webinars, conferences, and website help those working in education feel more confident and more able to offer better mental health support.



## Social Prescribing

stem4 provides simple guides for Social Prescribing Link Workers and other Health Care Professionals that help them to give their clients safe and effective resources to support their mental health.



## Primary Care

stem4's apps are safe, effective, clinician-developed, and evidence-based. They can be prescribed directly by GPs from platforms such as accuRx and iPlato, facilitating a GP's 'prescription' of trusted and effective support.



## Talking Therapies and CAMHS

stem4's evidence-based apps can be used to support those on waiting lists, as an adjunct during treatment, and to support relapse prevention after treatment. We provide guides to treatment, from how to ask for help, through to how to self-care and keep well.



## Complex Needs

stem4 has developed unique resources for parents and even for friends of someone who is struggling with complex mental health problems, offering them advice on how to be supportive 'in the moment'.



## Crisis Support

All stem4 products are kept up to date with links to NHS crisis numbers, and signpost to a comprehensive range of helplines and services for different mental health issues.

For more information: [stem4.org.uk](https://stem4.org.uk)  
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