



# Movember 2023

“He’s talking, but are you listening?”





stem4 was founded in 2011  
by Consultant Clinical Psychologist  
Dr Nihara Krause

## stem4's 5 free apps



CALM HARM



CLEAR FEAR



MOVE MOOD



COMBINED MINDS



WORTH WARRIOR

[stem4.org.uk/apps](https://stem4.org.uk/apps)



proudly supporting



**MOVEMBER®**

Are you even listening?



FRIENDS  
WATCH



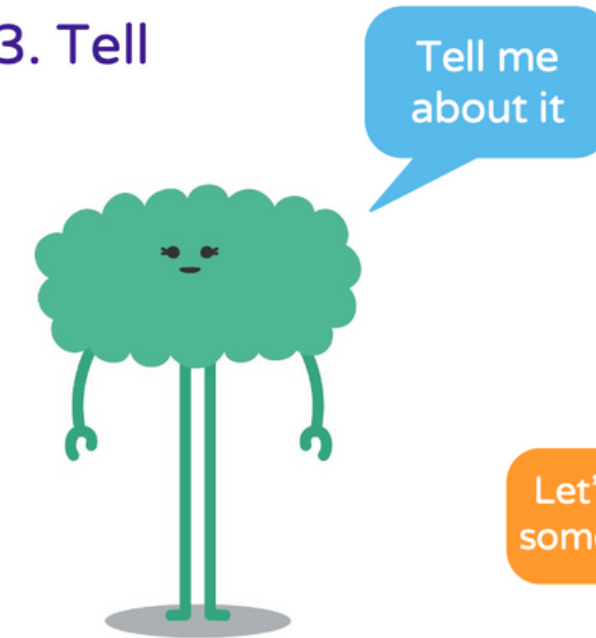
## 1. Talk



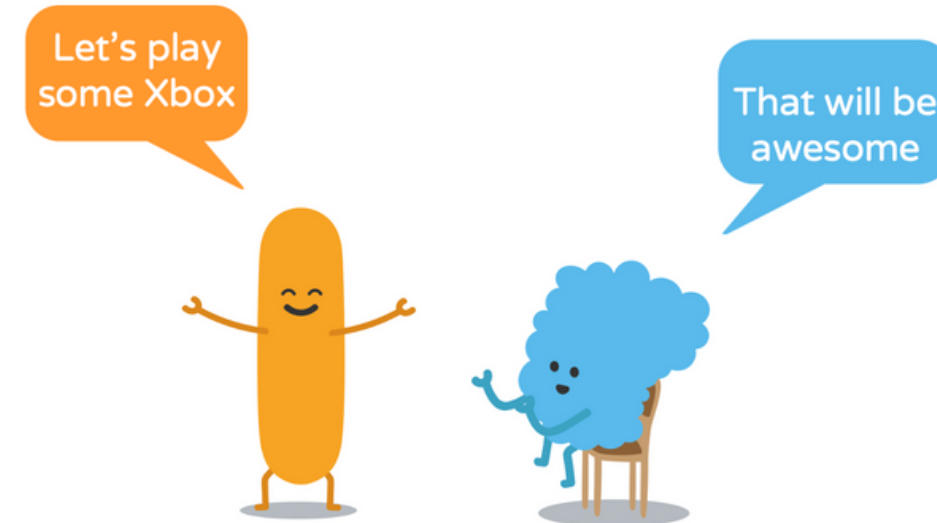
## 2. Offer



## 3. Tell



## 4. Look after yourself too



These characters are from stem4 mental health apps

# 1 minute task

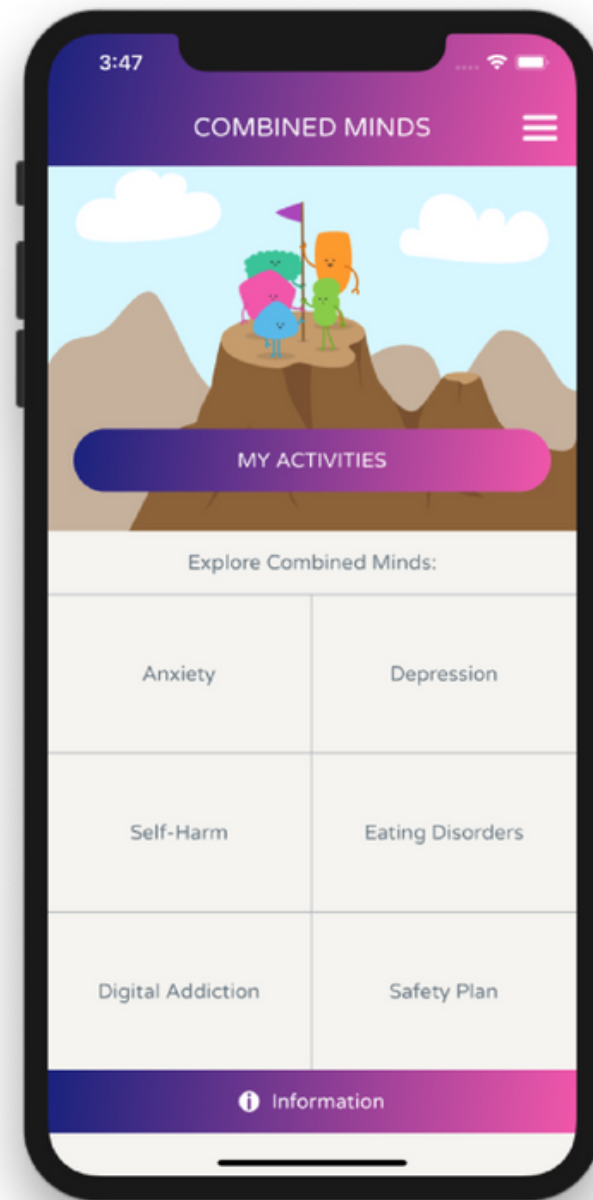
Ask a friend how they are going to listen this Movember



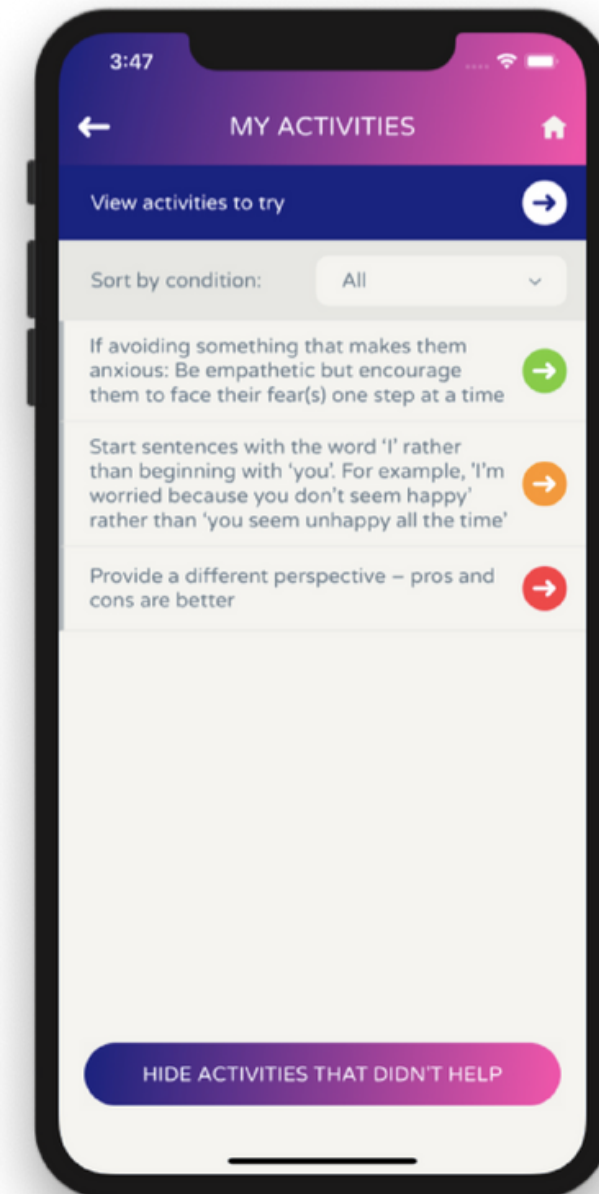
Then swap and tell them how you will listen.



# Combined Minds app



COMBINED MINDS



# Stay up to date with stem4



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Take a look at the stem4 and Movember website:

[stem4.org.uk](https://stem4.org.uk)

<https://stem4.org.uk/movember/>



<https://stem4.org.uk/movember/>

@stem4org

# Thank you for listening!

