

**stem4 NEW Website Launch and NEW APP Combined Minds
in Recognition of World Mental Health Day October 10th**

October 2019: stem4's new website has been launched in time for October 10 in recognition of World Mental Health Day together with their new app Combined Minds. The website has been redesigned with input from teenagers and provides a clean, modern new look with updated stem4 branding.

The focus remains on providing accurate, evidence-based information on mental health issues and all clinical content is created by Consultant Clinical Psychologist, CEO and founder of stem4 Dr Nihara Krause.

The website features:

- Updated information on mental health issues Anxiety, Depression, Self-harm, Eating Disorders and Addiction for teenagers, their friends, parents/carers, schools and health professionals including self-help strategies, Frequently Asked Questions and signposting to further advice
- A new section called 'Stay on track' about resilience and how to maintain good mental health
- A Resources page where stem4 resources can be downloaded or ordered free of charge – these include leaflets on mental health issues, asking for help, information on our mental health apps, template mental health policies for schools and fundraising and donation forms
- Details on how stem4 works in partnership with secondary schools – how we support secondary schools and how they can support us, including details of our Head Ed library of mental health videos and a case study
- A whole new Get Involved section detailing how people can support the charity through fundraising, donating, volunteering or attending our events

The new website is at www.stem4.org.uk.



Also launched for World Mental Health Day is the NEW stem4 app Combined Minds. Combined Minds is a free app to help families and friends support young people with their mental health.

When a child or young person has a diagnosed mental health condition, families and friends want to support them in the best way but also know when to step back. Combined Minds uses a 'Strengths Based Approach' which has been shown to be effective in recovery. This approach focuses on the positive attributes of the person and builds on resourcefulness and resilience.

Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.

A strength based approach works both ways, also helping families and friends to search for their own strengths.

Dr Nihara Krause, CEO stem4 said ' stem4 has a proven track record of supporting young people through our digital offers and we are delighted to be providing a resource for family and friends to further support them. The request and funding for Combined Minds has come from parents and we have worked co-collaboratively to produce it. I hope it will provide a valuable resource.'

stem4 is a Wimbledon based award winning charity that supports teenage mental health through mental health promotion, provides evidence based mental health education, builds resilience, enhances motivation to change and signposts to early intervention. stem4 focuses on commonly occurring mental health issues in teenagers including eating disorders, anxiety, depression, self-harm and addiction. **stem4** works with students, parents and teachers in secondary schools as well as health professionals including GPs and school nurses through their



conferences and their digitally delivered workshops suitable for PHSE in schools
and is included in the Royal College of GP toolkit.

ENDS

To find out more about **stem4** and the innovative work it is doing with teenagers check out www.stem4.org.uk

For further information on **stem4**, please contact Juliette Hellman on 07768 302 323 - or via email:

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**To interview Dr Nihara Krause, Consultant Clinical Psychologist, CEO and Founder of stem4 contact
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