

stem4 Finalist at The Royal Society for Public Health Awards 2019

- Public Mental Health and Wellbeing Category

November 2019: stem4 is proud to have been a finalist at the 12th annual, Royal Society for Public Health Awards 2019. The stem4 mobile phone apps, Calm Harm and Clear Fear were finalists in the competitive, Public Mental Health & Wellbeing category. Held at the beautiful East Wintergarden in Canary Wharf, this prestigious fixture was hosted by the RSPH President Professor Lord Patel of Bradford OBE and broadcaster Natasha Kaplinsky.

With 1 in 12 young people self-harming and 1 in 8 presenting with an anxiety condition, the mental health of children and young people continues to be a national concern. With this in mind, stem4 has developed two apps to support young people's mental health: Calm Harm to help manage or resist the urge to self-harm, and Clear Fear to manage the symptoms of anxiety. Calm Harm has over a million downloads in 171 countries whilst Clear Fear, only released at the end of Dec 2019, already has close to a 100,000. stem4 is proud to provide early intervention for 12-19 year olds, via clinically safe apps, which are free, accessible, collaboratively created, nationally and internationally.

stem4 has had a remarkable year winning awards for their digital tools which have been created by Dr Krause, Consultant Clinical Psychologist using evidence-based frameworks in co-collaboration with young people. Calm harm has been the recipient of Third Sector Awards 'Digital Innovation of the Year' 2019, Charity Times Awards 'Best Use of Technology' 2019, and DBA Design Effectiveness Awards Gold 2019. Clear Fear was a finalist for AXA PPP Health Tech & You 'Mental Health in Children Challenge' Award 2019. stem4 were also finalists of the 2019 Merton Best Business Awards for the Best Enterprising Business and were highly commended for Digital Innovation at the National Children & Young People's Mental Health Awards 2019.

Dr Nihara Krause, Consultant Clinical Psychologist, CEO and founder of stem4 said: " I am proud of the exceptional work of the stem4 team in our mission to support the mental health of teenagers, and for our apps to be providing valuable support to so many young people across the world. Whilst the commendations made by our young users are very valuable feedback, it is incredibly important to gain the recognition given by so many national awards. As a tiny charity which operates on a tight budget and a big heart, we will continue to endeavour to deliver high quality support and hope that our next app, Combined Minds for parent and friends to support the mental health of a young person which is just about to be released will be seen to be just as beneficial.

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

Ends

For information please visit www.stem4.org.uk or further information on **stem4**, please contact Juliette Hellman on 07768 302 323 - or via email: juliettehellmanpr@gmail.com.

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