

**stem4 Multi-School Teenage Mental Health Conference held
at Howard of Effingham School Funded by Grant from
Community Foundation for Surrey**

October 2019: stem4 held a very successful multi school mental health conference at Howard of Effingham School with students attending from Therfield School Leatherhead, St Teresa's Effingham and Thomas Knyvet Ashford

stem4, the Award-winning Wimbledon charity, aimed specifically at supporting teenage mental health, delivered a well received and successful Multi Student Conference at Howard of Effingham School with three other schools from Surrey. The Conference was funded by a Grant from the Community Foundation for Surrey.

The schools that attended the Conference included:

Howard of Effingham

Therfield School Leatherhead

St Teresa's Effingham

Thomas Knyvet Ashford

Amanda Collyer, Howard Effingham's wellbeing ambassador said "the Conference aimed to inform the students about how good mental health can be achieved and challenged any preconceived ideas that they had on this topic. Students were encouraged to confront mental health stigmas in order to change attitudes and lives for the better."

Dr Nihara Krause, Consultant Clinical Psychologist, CEO and Founder of stem4 who led the Conference together with Sarah Sterne, stem4's Education Coordinator, who also presented, said "**stem4** student conferences aim to focus on early identification and intervention, and cover the areas of mental health that stem4 offers support. These include eating disorders; anxiety and depression; self-harm and addiction together with ways to boost resilience. Our Conferences aim to inspire students, they provide a space for students to listen and learn how to look after their own mental health as well as to express, in a variety of different ways, a message to their peers about the importance of looking after their mental health. They learn what steps can be taken to identify problems early in their development preventing later life difficulties. We encourage everyone to work towards making positive changes for themselves and for others and the students provided us with lots of original ideas."



The Conference was interactive, including discussion and group tasks. Given the strong focus of the charity on including tech within their work and data driven objectives, student learning was assessed at baseline level and then at the end of the Conference using a student handheld digital rating tool.

There was also an inspired talk from Shad Ahmad, a guest speaker for stem4, about happiness and a video from Georgina Campbell, the actress who is an Ambassador for stem4. Students listened to the speakers who shared lived experiences together with receiving clinical tips on what they can do to build resilience and manage their mental health as well as spot signs of early difficulties.

A student who attended the conference said “I had lots of fun and now have a deeper understanding about mental health.’

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. The **stem4** Calm Harm app helps teenagers manage the urge to self-harm and has currently just under a million downloads across the world. It is included in the NHS Apps library; whilst the Clear Fear app helps children and young people manage anxiety. Both can be downloaded free from App Store and Google Play.

Ends

For information please visit www.stem4.org.uk

For further information regarding **stem4** visit <http://www.stem4.org.uk>

Contact: Juliette Hellman T: 07768302323 Email: juliettehellmanpr@btinternet.com

