

stem4, Teenage Mental Health Charity, Face Unprecedented 1000% Increase in Demand for Resources Since COVID-19 Lockdown

MAY 2020 LONDON: This Mental Health Awareness Week, stem4, UK Teenage Mental Health Charity, announce findings of an unprecedented increase in demand for online resources since the UK entered a nationwide lockdown amid the COVID-19 outbreak. The 'Resources' page of stem4's website, which hosts advice including tips on how to handle anxiety, saw an increase in views of over 1000% during lockdown versus the period before. The 'Resilience for Teenagers' page also saw a large increase in views with visitors growing over 800%.

The stem4 website on the whole has seen a 13% increase in users and a 16% increase in new users compared to the equivalent time before lockdown. This includes a shift in the demographic of visitors with a 54% increase in users age 18-24 compared to before, showing the impact of the lockdown on young people's mental health in particular.

The 'Clear Fear' website has also seen a 98% increase in users during lockdown. Clear Fear is a free app, clinically developed by stem4, to help young people manage the symptoms of anxiety. The app targets 11-19 year olds and uses a Cognitive Behavioural Therapy (CBT) framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.

With such a clear demand for help from young people during this time, and the NHS under unprecedented strain, Dr Krause (clinical psychologist and stem4 Founder/CEO) has developed a new resource booklet to help teenagers who might be worried about the outbreak, or have been struggling with their mental health. The booklet compiles the information that was hosted on the newly popular 'Resources' page and offers new guidance on dealing with loss, family issues and worries surrounding COVID-19 and some guidance on looking forward. It also provides information on managing ongoing mental health issues amidst disruption to existing services, as well as managing newly emerging mental health issues due to increased anxiety during the coronavirus outbreak. Where to go for further guidance, including helplines and services running in the UK are included too.



Fitting with the theme of 'kindness' this Mental Health awareness week, the booklet provides information on how to develop a sense of social responsibility, helping the mental health of young people and others too. The creation of the booklet was made possible by the *Wooden Spoon* Emergency Funding Project.

The booklet '**Worried About Coronavirus?**' for young people can be downloaded for free [HERE](#) or at www.stem4.org.uk/resources.

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About stem4: stem4 is a Wimbledon based, award winning charity that supports teenage mental health. In order to foster positive teenage mental health, it provides evidence-based education, builds resilience, enhances motivation to change, and signposts to ensure early intervention and action. stem4 focuses on commonly occurring mental health issues in teenagers including eating disorders, anxiety, depression, self-harm and addiction. stem4's work is primarily provided digitally through their innovative education programme, pioneering mental health apps and clinically-informed website. They also host mental health conferences that contribute to helping young people and those around them flourish. stem4 targets and supports families, schools, health professionals and communities as well as the teenagers themselves.

Website: Please see website for more information www.stem4.org.uk

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