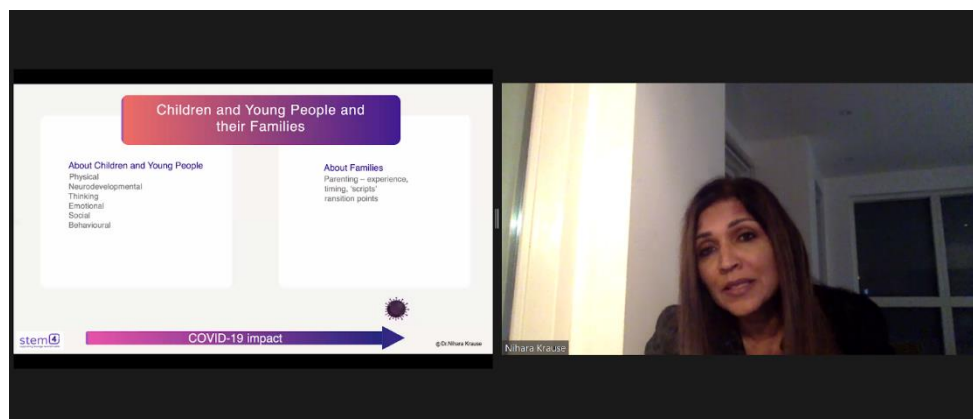


stem4, Teenage Mental Health Charity, Host Life Changing Parent and Carers Mental Health Conference for Over 400 Local Families

NOVEMBER, LONDON: Amidst a second lockdown and rising levels of mental disorders in children and young people*, stem4 hosted a truly helpful virtual mental health conference for local parents and carers, giving families in Merton and Wandsworth the skills and understanding to meet the growing challenge of supporting the mental health of young people since the COVID-19 pandemic. The evening saw over 400 registrations from the two boroughs, with attendees learning how to manage the ongoing impact of the pandemic, build resilience, and identify and manage emerging mental ill health conditions in their children and young people. The conference was hosted with the support of the Wimbledon Foundation's Community Fund.

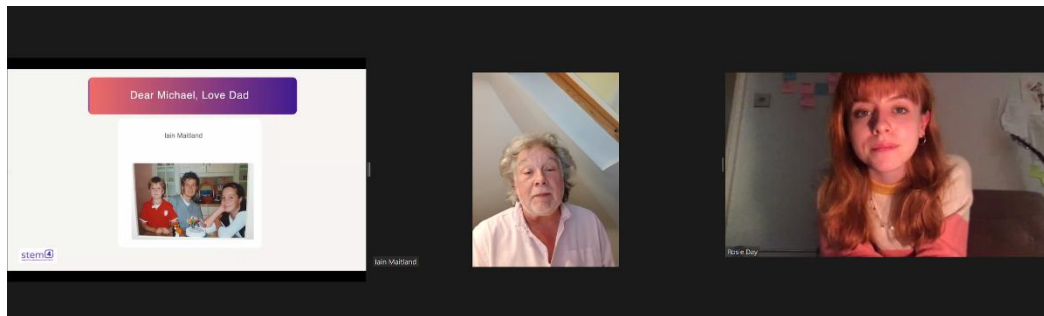
The keynote speaker of the conference was stem4 Founder and CEO, clinical psychologist Dr Nihara Krause, who set the scene on young people's mental health and on the known impact of the pandemic on mental health. The talk equipped parents with tools to enhance resilience in their children and young people, and identify and manage mental ill health at an early stage. There was also a focus on how to build a resiliency framework for young people, not only within the family but in education and in health, to help young people thrive.



Dr Nihara Krause gives a keynote speech about maximising children & young people's mental health, in general & during COVID-19

Armed with a new clinical perspective, parents and carers were then given the chance to hear real life inspirational stories from stem4 ambassadors Iain Maitland and Rosie Day. Iain Maitland is the father of Michael, a tattoo artist from Suffolk who experienced depression and

anorexia over a 10-year period. Iain has told his story and that of his family in his books 'Dear Michael, Love Dad' and 'Out of the Madhouse', and was just as open and frank about his journey as a parent in his moving account on the night. Rosie Day, the award-winning young actress, gave a sibling's perspective of a family dealing with mental health issues in an equally honest and touching talk.



stem4 ambassadors Iain Maitland and Rosie Day offer perspectives on mental ill-health in the family from both parents and siblings respectively.

On the success of the event, Dr Krause said, 'We are delighted to be able to host an online conference to support parents and carers at this hugely challenging time. With their new knowledge and understanding about mental health, it is our hope that parents and carers in Merton and Wandsworth will feel confident in communicating with their children about mental health matters, and seek early help where necessary, thereby supporting young people in the area to thrive.'

The virtual conference was entirely free for all 400+ local parents and carers who signed up thanks to the Wimbledon foundation who were represented on the night by one of their trustees Sir Keith Adjebo. Projects funded by the Wimbledon Foundation provide vital support to people facing a wide range of issues in their lives including poor mental or physical health, disadvantage, unemployment or isolation. The Foundation's Community Fund, administered in conjunction with the London Community Foundation, awards grants to projects helping to meet social needs and reduce inequalities in our neighbouring boroughs of Merton and Wandsworth. stem4 as a Merton based charity are grateful to be supported by the foundation for the second time.

Parents/carers who missed out can register for next week's conference in partnership with comic relief: <https://bitly.com/parentstem4>

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About stem4: Founded by Clinical Psychologist Dr Nihara Krause, stem4 is an award-winning charity aimed at supporting the positive mental health in teenagers. With 1 in 8 children and young people aged between 5-19 presenting with at least one diagnosable mental health condition*, stem4 works to enhance early understanding of mental illness and signpost towards prompt action and intervention.

In order to carry out this mission, the charity educates individuals, parents, teachers and communities through the provision of interactive conferences, digital educational resources such as 'Head Ed' and a comprehensive website. Further, the charity has identified the widespread use of mobile phones as a potential means for change, resulting in the development of apps such as 'Calm Harm' for dealing with urges of self harm, 'Clear Fear' to help with anxiety and 'Combined Minds' for family and friends of those dealing with mental ill health. stem4 are also founders of Youth Mental Health Day, an annual campaign that encourages understanding and awareness of mental health in young people, enabling them to live happy and healthy lives all year round.

*(NHS Digital 2017)

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

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***Sources:** [NHS Digital](#) report → *Information from NHS Digital in 2017 on the rates of probable mental disorders in children and young people from 5-16 years was one in nine. Data released in July 2020 by NHS Digital indicated that this had increased to one in six in the same age group.*

