

stem4's App Library wins 'Tech for Good Initiative' at Digital Leaders 100 Awards

OCTOBER 2020, LONDON: After reaching the top 3, teenage mental health charity stem4's app library has won the honour of 'Tech for Good Initiative' at the Digital Leaders 100 Awards. These awards celebrate the individuals and organisations from the public, private and non-profit sectors who are demonstrating a pioneering and sustainable approach to digital transformation in the UK. stem4's winning apps, Calm Harm, Clear Fear, and Combined Minds, have supported over 1.5 million people globally with managing self-harm, controlling anxiety, and supporting young people with mental ill-health respectively.

Winners of all 10 categories were announced on the 15th of October 2020 in a digital ceremony, hosted by Alan Dedicoat the "Voice of the Balls" on the National Lottery and Strictly Come Dancing on BBC One. Nominated in the category of 'Tech for Good Initiative' alongside the MeeTwo app and Octopus Energy, stem4 are delighted to come away as winners after several rounds including interviews and public voting.

Dr Nihara Krause, CEO of stem4 and clinical developer of all stem4's apps said, "This is a very prestigious award to be nominated for, let alone making it to the final 3 and going on to win. We are hugely grateful to HMA Digital, all those who voted for the stem4 apps during the public stages, and to Digital Leaders 100 for their support. However, most of all, we are delighted to have been able to successfully support young people in managing their mental health digitally, through effective evidenced-based apps, in a year where access to support and services has been even more difficult."



Pictured: Dr Krause winning the Tech for Good Initiative Award on behalf of stem4 at the Digital Leaders virtual ceremony. Dr Krause stood alongside fellow shortlisted nominees Octopus Energy and MeeTwo Education Ltd. The Award was presented by Jemma Waters from Lloyds Banking Group.

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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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