

## Campaigns

### Youth Mental Health Day (YMHD)

YMHD gets young people engaged in discussions and activities about how to improve their mental health, YMHD goes beyond raising awareness and breaking the stigma surrounding mental health.



### Parent Mental Health Day (PMHD)

PMHD shines a light on parents and carers who are continuing to parent under unprecedented circumstances and may be struggling in the face of adversity. By getting parents, carers, and employers engaged in discussions, PMHD aims to challenge the stigmas surrounding parents' and carers' mental health, start a discussion, and provide some resilience tips.



### Go Purple

FUNDRAISING

stem4's #GoPurple initiative encourages you to combine raising money with promoting wellbeing for your own community.

If you'd like to find out more, or hold an event, please visit [stem4.org.uk/fundraising](https://stem4.org.uk/fundraising) or email [fundraising@stem4.org.uk](mailto:fundraising@stem4.org.uk).



## Podcast

### stem4's mental health podcast *Understanding Teen Minds*

aims to provide insight into the world of teenage mental health, looking at everything from signs and symptoms to early intervention.



Listen to the podcast at [stem4.org.uk/podcasts/](https://stem4.org.uk/podcasts/)

*'I'm a GP and I found the eating disorder series very informative in my practice.'*

## Our Impact

'The conference was not only a real eye opener for me, but also for my school as I was able to share my knowledge with staff, which has given them a clearer insight as to what a teenager may be going through.'

'Their website is a treasure trove of advice for carers and sufferers alike and provides much-needed strategies to deal with the difficult problem of mental health.'

'I have really enjoyed your app Calm Harm and I frequently refer my students to it. They have been able to 'ride the wave' more easily with the support of your app.'

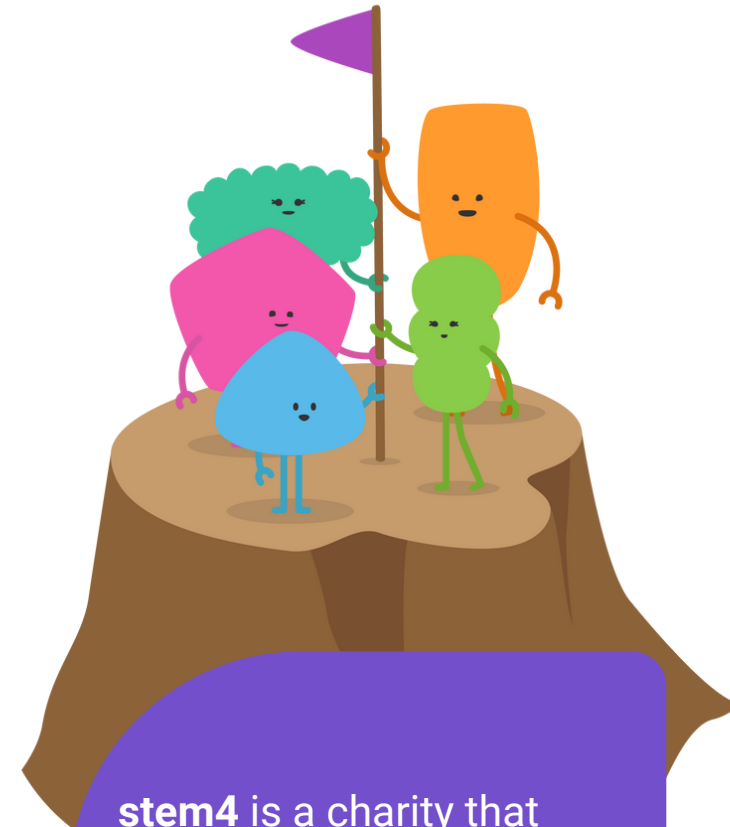
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[stem4.org.uk](https://stem4.org.uk)



stem4 is a charity that promotes **positive mental health** in young people and those who support them through the provision of **mental health education, resilience strategies and early intervention.**

## About stem4

stem4 is the UK's leading digital mental health charity for young people offering a suite of evidence-based mental health apps and both digital and face to face mental health literacy programmes as well as numerous printable resources.

### Key Statistics\*

- 100,000 young people reached annually
- Over 4 million app users
- Over 2,000 UK schools

\*Data as at January 2024

## Our Resources

stem4 offers a variety of clinically informed resources created with input from award winning Consultant Clinical Psychologist Dr Nihara Krause MBE.

### Asking for Help

stem4 has an Asking for Help booklet available on our Resources page [www.stem4.org.uk/resources](http://www.stem4.org.uk/resources)



### 5 Conditions Leaflets

stem4 has 5 conditions leaflets on self-harm, stress, eating disorders, depression and anxiety available on our Resources page [www.stem4.org.uk/resources](http://www.stem4.org.uk/resources)



### Worried About Going To School?

stem4's 'Worried About Going to School' Workbooks are available to purchase at [amazon.co.uk/dp/B0CK4BTT6Q](https://amazon.co.uk/dp/B0CK4BTT6Q)



For more resources visit [stem4.org.uk](http://stem4.org.uk).

## Our Apps

stem4 has 5 completely free, clinically-developed, award-winning apps for young people and those who support them:

**Calm Harm:** A free app that helps you manage or resist the urge to self-harm.  
[www.calmharm.co.uk](http://www.calmharm.co.uk) • @calmharmapp

**Clear Fear:** A free app to help children and young people manage the symptoms of anxiety.  
[www.clearfear.co.uk](http://www.clearfear.co.uk) • @clearfearapp

**Move Mood:** A free app to help teenagers manage low mood and depression.  
[www.movemood.co.uk](http://www.movemood.co.uk) • @appmovemood

**Combined Minds:** A free app to help families and friends provide mental health support  
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) • @combmindsapp

**Worth Warrior:** A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders  
[www.worthwarrior.co.uk](http://www.worthwarrior.co.uk) • @worthwarriorapp

Find out more at [stem4.org.uk/apps](http://stem4.org.uk/apps).



CALM HARM



CLEAR FEAR



MOVE MOOD



COMBINED MINDS



WORTH WARRIOR

## Education

### Head Ed: A mental health literacy programme for secondary schools

Head Ed is designed with teachers in mind and covers topics such as stress, anxiety, depression, and resilience. Head Ed allows students to relate, engage and learn in a meaningful way.



Every module/topic includes a Teacher Pack, learning objectives, powerpoints, student tasks, class discussion points, and assessment opportunities.

*'Simply fantastic. I would recommend it to other teachers without hesitation.'*

## Conferences

stem4 conferences are designed to inform participants of the early signs of mental health problems, and what steps they can take to make change.

*'The stem4 student conference was so useful in supporting our own and a friend's mental health and our whole class wanted to be mental health ambassadors in our school after.'*

For more information about our conferences (for students, parents/carers, education professionals, school nurses, and GPs), please contact [education@stem4.org.uk](mailto:education@stem4.org.uk).



CONFERENCES