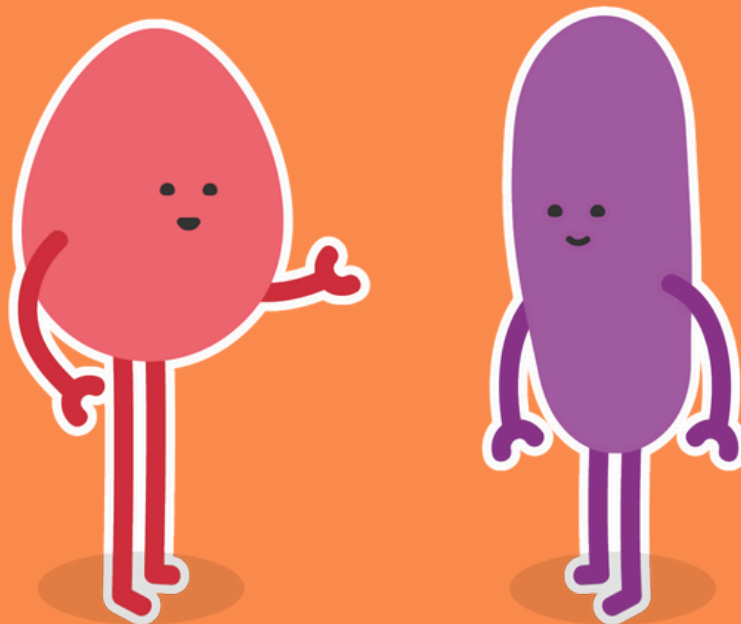


How to #ShareSupport

A Guide for Young People



Written by Dr Nihara Krause MBE



Dear Young People,

Thank you for being part of this important day. At stem4, we believe mental health is just as important as physical health. We are here to empower YOU to take charge of your mental health, support each other, and create a community of care. This year, we're focusing on #ShareSupport, encouraging you to share your stories, support your friends, and access the mental health tools you need.

Looking after your mental health is one of the most important things you can do. You don't have to wait until things feel overwhelming to take care of yourself. The little things you do regularly can help you feel more balanced, more confident, and more you. Your wellbeing matters. So do you!

With warmth,
Dr. Nihara Krause MBE
CEO and Founder of stem4



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Share Support

stem4's theme for Youth Mental Health Day 2025 is Share Support.

#ShareSupport is all about connecting, sharing, and supporting each other. When we talk openly about mental health, we break down the stigma that often prevents people from seeking help.



How can you
Share Support:



Sharing what has
helped you with
your mental health



Listening to a
friend



Being open
about a difficulty
you've
experienced

stem4
supporting teenage mental health

Sharing mental
health resources



Encouraging
someone to speak
to a trusted adult or
professional

Peer support is incredibly powerful. Young people often feel more comfortable talking to their friends than adults because their experiences feel more relatable. Sharing self care and coping strategies, listening, and helping others access the right tools can make a huge difference in someone's mental health journey.

Why Does Sharing Support Matter?

Mental health challenges are rising for young people today. Whether it's stress, anxiety, depression, or something else, you're not alone. In fact, research shows that:



1 in 5

8-25 year olds had a probable mental health disorder in 2023

(NHS Digital, 2023)



Only 32%

of young people referred to mental health services in 2023 received support

(Children's Commissioner, 2024)

The good news? Peer support can make a real difference:

Studies show that peer support can be associated with reductions in depression and anxiety in young people

(e.g. British Medical Journal, 2022)

Young people who receive peer support are more likely to discuss their issues and to seek help when needed

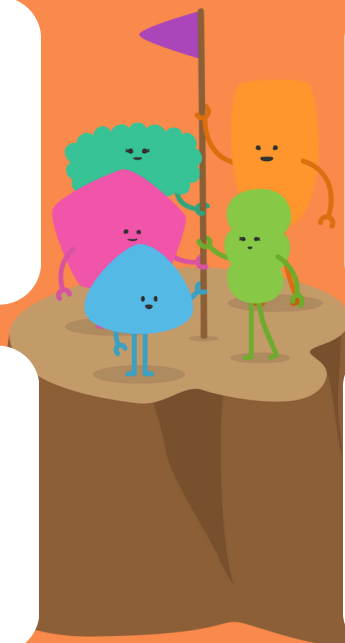
(Mental Health Foundation, 2022)

Peer support groups can help young people feel less alone in their struggles

(Mental Health Foundation, 2022)

Peer support can help young people to feel understood in a way that traditional adult-led interventions may not be able to

(Mental Health America, 2022)



Activity:



Take a moment to write down any mental health challenges you've experienced recently. Can you identify what has helped you cope? Is there a friend or activity that supported you through these tough times? Use this to start thinking about how you can offer support to others.

Friends Watch

A Step-by-Step Guide to Supporting Your Friends

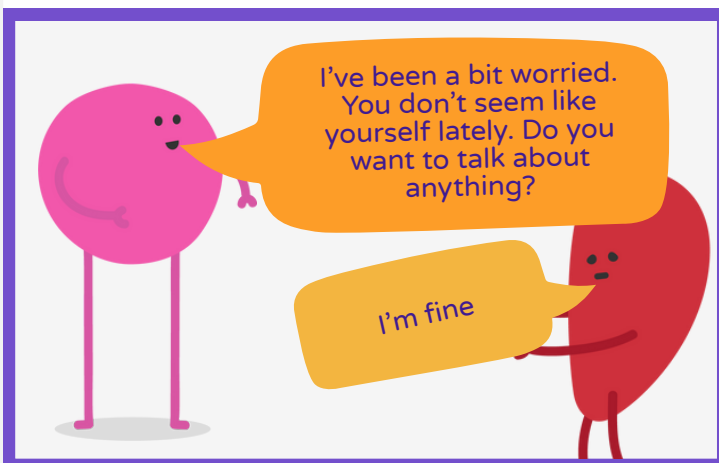


Friends Watch is a simple, powerful exercise created by Dr. Nihara Krause MBE to help young people support a friend who may be struggling with their mental health.

It focuses on four key steps: Talk | Offer | Tell | Look After Yourself

1) Talk

Choose a good time and place to gently start a conversation. Listen without judging. You don't need to dive into all the details, just let them know you care.



Sometimes it takes a little encouragement for someone to open up.



It might take time for your friend to feel ready to talk. Be patient. Listen, without rushing to make them feel better. Instead, explore together what they might want as help.

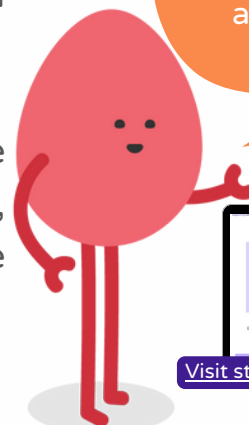
2) Offer

Once your friend starts opening up, offer your time and attention. Being a good listener means putting your own thoughts aside, making space for theirs, and showing that you're truly there for them.

You could also share what's helped you, like one of stem4's apps (such as Clear Fear) or resources, or offer to go with them to speak to someone who can help.

I found some helpful helplines on the stem4 website—want to take a look together?

Would you like me to come with you to talk to a teacher or another adult you trust?



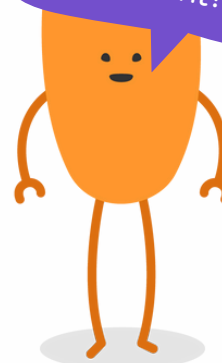
You don't need to solve their problems. Just showing up, listening, and pointing them towards help shows you care.

3) Tell

Encourage your friend to speak to a trusted adult who can offer further support, like a parent, teacher, school counsellor, or nurse.

If you feel your friend is at risk of hurting themselves or someone else and doesn't want to talk to anyone else, then you should talk in confidence to a helpful adult. Don't hold onto a harmful secret that can be helped.

Is there someone you'd feel okay talking to, maybe your teacher, a school nurse, or a parent?



Supporting a friend means sometimes helping them take the next step to get the right support to get better, or telling someone who can help.

4) Look After Yourself

Supporting a friend is important, but it's also essential to take care of your own emotional health. You're not responsible for "fixing" your friend's problems, but you are responsible for being a good listener and encouraging them to get the help they need.



Make sure you take breaks to focus on looking after yourself.



FRIENDS
WATCH

Talk-

Offer-

Tell-

Look after yourself-

Dr Nihara Krause MBE

Classroom Activity:



Download the Friends Watch poster or grab a sheet of paper and jot down your ideas for each step.

Then, share and discuss your answers in pairs or small groups. What does support look like to you? How can you show up for a friend?

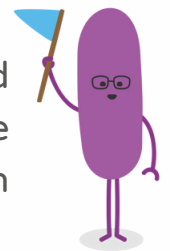
How to #ShareSupport



Sharing support can be a small action that makes a big difference. Here's how you can get involved:

Share Resources

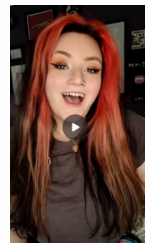
Introduce your friends to mental health tools like Clear Fear and Worth Warrior. These apps are designed to support young people through anxiety, body image struggles, and other mental health challenges.



[Download stem4 apps](#)

Share Your Story

If you've used an app, a technique, or a personal coping strategy that has worked for you, share it! Record a short video or write a post explaining what helped. Your story can inspire others to seek help.



[Record a video](#)

Leave a Review

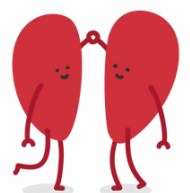
Used an app like Clear Fear or Calm Harm? Share your thoughts by leaving a review on the App Store or Google Play Store. Your review might help someone else find exactly what they need to feel better.



[Give feedback](#)

Be a Supportive Friend

Sometimes, just checking in on a friend can make a world of difference. Simple texts like "How's it going?" or "I'm here if you want to talk" can let someone know they're not alone.



Share Support in Action

These are real words from young people who've used stem4's apps:

"You have helped me so much and I've shown this app to many of my friends who struggle with mental health. It's upbeat, full of helpful activities, and has truly been a lifesaver, not just for self-harm but for overthinking too."

Calm Harm app user

"This is a great app and clearly designed by an organisation that understands what leads to an eating disorder. I haven't ever come across ways to challenge my thoughts about my body like this. I thoroughly recommend it."

Worth Warrior app user

"I first downloaded this app when I was 15. I'm nearly 21 now. In all of my major episodes, I've turned to this app — and I still remember being comforted just knowing it was there. I've recommended it like candy at Halloween, and I would again."

Calm Harm app user

"My therapist actually recommended this to me and honestly it helps a lot because I can write my worries and stuff and what makes my anxiety and overthinking bad and then I tell her what I wrote and she helps me to deal with these feelings. I recommended 100%"

Clear Fear app user



As a small charity, we have always relied on word of mouth to share our resources and reach the young people who need them most. If you've found stem4's apps helpful, you can make a big impact by simply telling someone.



Leave a
review



[Share your story.](#)

Fundraising & Donations

Supporting stem4 means you're helping make mental health support accessible for millions of young people, and every little bit helps.

£5

Provides **3** young people access to mental health apps

£25

Helps prevent **4** incidents of self-harm

£250

Funds **75** sessions of CBT-informed anxiety management opportunities for young people

[Donate Today](#)

Here are some ways to raise money and have fun doing it:

- Game-a-thon: Host a gaming challenge and get people to sponsor your win streaks.
- Go Purple Day: Dress up in purple clothes (with permission!) or organise a purple themed activity.
- Talent Show or Open Mic: Sing, rap, dance, do stand-up... anything goes. Sell tickets or ask for donations.
- Walk, Skate or Cycle for Mental Health: Set a goal and get sponsored to reach it.
- DIY Bake Sale or Pop-up Stall: Make treats or create crafts, and raise money with your talents.

[Fundraise Today](#)

Challenge Time!

Can you raise £5 to support three people? Or team up with friends to hit £25 or £250 together?

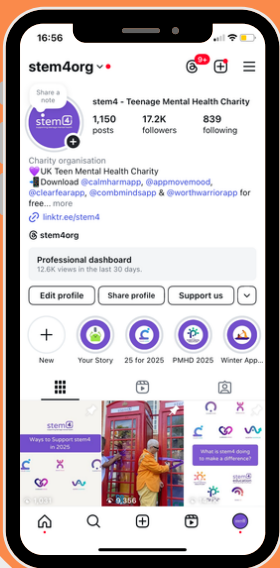


Let's #ShareSupport Together



Social media is a powerful way to spread the message about Youth Mental Health Day. Here's how you can get involved:

How to share your Youth Mental Health Day with us



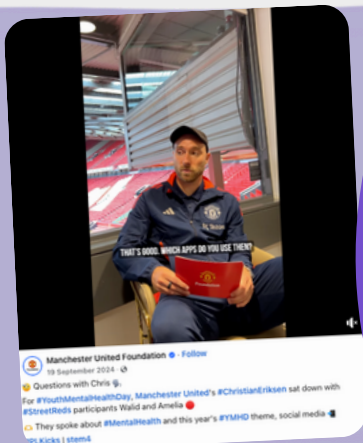
1. Send us photos or videos of what you get up to! Email us at communications@stem4.org.uk.

2. Post your activities on social media and tag us [@stem4org](https://www.instagram.com/stem4org).

3. Remember to use our hashtags when you post ([#stem4YMHD](https://www.instagram.com/stem4YMHD) and [#ShareSupport](https://www.instagram.com/ShareSupport))!



Take a look at how YMHD supporters people got involved with our [#ControlYourScroll](https://www.instagram.com/ControlYourScroll) theme last year!



stem4's Mental Health Apps



An app to help teenagers resist or manage the urge to self-harm

www.calmharm.stem4.org.uk • @calmharmapp



An app to help children and young people manage the symptoms of anxiety

www.clearfear.stem4.org.uk • @clearfearapp



An app to help teenagers manage low mood and depression

www.movemood.stem4.org.uk • @appmovemood



An app to help families and friends provide mental health support

www.combinedminds.stem4.org.uk • @combmindsapp



An app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders

www.worthwarrior.stem4.org.uk • @worthwarriorapp

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

stem4
supporting teenage mental health

www.stem4.org.uk • @stem4org

Developed by stem4 - Registered Charity No. 1144506



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