Tellmi Text for Staff

Tellmi is a multi-award winning, age-banded, peer support app that the NHS deems safe for people as young as 11. The app has been independently evaluated by the Evidence Based Practice Unit at University College London and is evidenced to improve mental health in young people. Users can anonymously post about anything that is worrying them and receive supportive replies from other people of a similar age. All posts and replies are checked by trained moderators and are published within 30 minutes. High-risk posts are redirected to the in-house counselling team for immediate support.

Tellmi features a comprehensive support directory with over 700 resources and educational resources and users can access 24/7 crisis support in two clicks. Both the feed and directory can be filtered by topic, e.g. 'autism', 'friends', 'self-harm', which makes it easy for young people to join relevant conversations and access appropriate support.

Over 75,000 young people are on Tellmi. It can be downloaded from the **App Store** or **Google Play**, or the web version can be accessed at www.tellmi.app. For more information about our approach to confidentiality, safeguarding or any other question, please visit https://www.tellmi.help/safeguarding.

[Add 'How Tellmi Works' video here!]