

## Conferences

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

### Students

For groups of students from around 10 schools, who are motivated to learn more about mental health.

### Parent/Carer

For parents/carers wanting to learn more about common adolescent mental ill-health issues.

### Educational Professionals

For all educational professionals including headteachers, SLTs, teachers, SENCOs, teaching assistants and pastoral leads.

### School Nurses

For school nurses who work with Children and Young People (CYP).

### GPs

For GPs and GP assistants, trainee GPs, primary care medical specialists.



For more information about our conferences please contact [education@stem4.org.uk](mailto:education@stem4.org.uk)

## 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"

## Get Involved

It is thanks to our generous supporters and fundraisers that stem4 has been able to reach thousands of children and young people and also their families and carers to educate them in the importance of looking after their mental health.

If you would like to find out more or would like to hold an event please visit the fundraising section of our website or email [fundraising@stem4.org.uk](mailto:fundraising@stem4.org.uk)



[enquiries@stem4.org.uk](mailto:enquiries@stem4.org.uk)  
[www.stem4.org.uk](http://www.stem4.org.uk)

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Registered Charity Number 1144506

**stem4**  
supporting teenage mental health



@stem4org

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

## Our mission

Our mission is to foster the development of good mental health in teenagers through enhancing early understanding and awareness, promoting shared early detection and signposting towards prompt action and intervention.

## Our aims and objectives

- stem4 provides mental health literacy to students, parents/carers, education professionals, school nurses and GPs.
- stem4 educates through interactive conferences, our Head Ed educational videos and through our comprehensive website.
- stem4 provides self-help through our Calm Harm, Clear Fear and Combined Minds apps, website and leaflets.

## What we offer

stem4 provides information on identification, intervention and effective management of commonly occurring teenage mental health issues, namely

-  **anxiety**
-  **depression**
-  **self-harm**
-  **eating disorders**
-  **addiction**

along with information on resilience and keeping your mental health on track.

**1 in 8 of 5-19 year olds in England had at least one mental health disorder in 2017**  
(NHS Digital, 2018)



## stem4 website – [www.stem4.org.uk](http://www.stem4.org.uk)

This is a comprehensive and clinically-informed resource, which includes:

- Information about each of the commonly occurring teenage mental health areas
- Self-help strategies
- Resources to download
- Useful links for further support

## Head Ed – Mental Health Videos

stem4 has compiled a library of educational videos about teenage mental health.

These feature all of the stem4 mental health areas. Each topic features topical, specialist information presented in an animated, easy to digest way.



## Apps

### Calm Harm

Calm Harm is a free app to help teenagers manage or resist the urge to self-harm. Calm Harm is based on an evidence-based approach called Dialectic Behaviour Therapy (DBT) which is a form of Cognitive Behaviour Therapy (CBT) and aims to support young people, either as part of ongoing treatment or as an interim measure while they wait for specialist help.



[www.calmharm.co.uk](http://www.calmharm.co.uk)

### Clear Fear

Clear Fear is a free app to help young people manage the symptoms of anxiety. Clear Fear uses a Cognitive Behavioural Therapy (CBT) framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.



[www.clearfear.co.uk](http://www.clearfear.co.uk)

### Combined Minds

Combined Minds is a free app to help families and friends provide mental health support. The app uses a 'strengths-based' approach which has been shown to be effective in recovery and focuses on the positive attributes of the person and builds on resourcefulness and resilience.



[www.combinedminds.co.uk](http://www.combinedminds.co.uk)

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

Our apps have been developed by Dr Nihara Krause, a Consultant Clinical Psychologist together with input from young people.