

Charity Collection Submission – STEM 4

stem4 is a Wimbledon-based teenage mental health charity that aims to improve the mental health of young people by ‘stemming’ four of their most commonly occurring difficulties at an early stage: anxiety/depression, eating disorders, self-harm and addiction.

The charity was founded in 2011 by award-winning Consultant Clinical Psychologist Dr Nihara Krause in response to the death of a 15-year old teenager from Merton who had been battling anorexia nervosa. Dr Krause was involved in supporting her school, family and friends in grieving for her loss, and used this as the impetus to set up a charitable organisation that would provide accurate, user-friendly psycho-education to young people, their families, schools and health professionals.

stem4 educates about identification, intervention and effective management of commonly occurring teenage mental health difficulties in the following ways:

Conferences

stem4 offers **conferences for secondary school students, parents/carers, teaching professionals and healthcare professionals**. These conferences are designed to inform participants of the early signs of mental health problems and what steps they can take to make change. They encourage dialog, create a platform to share ideas and provide a forum to consider best practice and standards of care.

Student conferences are for groups of students from around 10 schools and provide up to date psychological material delivered by mental health professionals and those with lived experiences as well as **encouraging students to learn ways to enhance well-being, recognise early symptoms and ask for help and get involved in being initiators on how to convey positive messages to other young people about looking after their mental health**. **stem4** runs these conferences free of charge at a host school and has run 5 so far this academic year (2017/2018), reaching over 450 students.

At our last student conference, 93% of students said it had increased their awareness of the early signs of mental health issues while 91% said it had helped them to know what early steps to take to deal positively with mental health problems.

stem4 has run a number of successful conferences for parents, school nurses and GPs, and is running a conference this June for teaching professionals entitled ‘*Mental Health in Children & Young People: A Whole School Approach*’.

Website

The **stem4** website www.stem4.org.uk provides **comprehensive, accurate information on teenage mental health issues: eating disorders, depression and anxiety, self-harm and addiction**. It provides information on understanding, identification, intervention and effective management, along with self-help strategies. The website gives information to teenagers, their parents/carers, teaching professionals and health professionals. There are downloadable resources such as **guideline school mental health policies, and useful links for further support**.

Calm Harm App

Our award-winning free **Calm Harm app, designed to help young people manage the urge to self-harm**, was launched in 2015 and has been downloaded over 600,000 times to date all over the world.

Developed by Consultant Clinical Psychologist and expert in self-harm, Dr Krause, the Calm Harm app educates young people who self-harm using strategies from the evidence-based theory Dialectic Behaviour Therapy (DBT). **The app teaches young people to manage impulse control and helps them track underlying emotional triggers to harmful urges.** Calm Harm available on Google Play and the App Store and is listed on the NHS Digital Apps Library. Find out more at www.calmharm.co.uk.

Mental Health Videos

Due to an increasing demand from across the country for our workshops, and in line with the combined use of technology in education, **stem4** have compiled a **library of 15 mental health teaching videos for schools** that are currently being trialled in various schools and with a focus group of young people.

These feature all of the **stem4** mental health areas: eating disorders, self-harm, depression and anxiety and addiction as well as resilience. Each topic features current, specialist information presented in an animated, easy to digest way. Dr Nihara Krause gives up-to-date professional information on how to identify early signs of mental ill health and first steps in management. They also include film clips of stem4 case studies of young people.

We feel that these videos will make a difference in schools being able to access high quality information that can be used in PHSE with very low cost since many schools can't afford to invite external speakers to deliver mental health education.

stem4 in the Community

stem4 has **excellent relationships with local secondary schools and businesses, many of whom support us through volunteering and fundraising initiatives.** **stem4** ran a successful World Mental Health Day event on Wimbledon Piazza to educate and raise awareness of teenage mental health within the local community and has been involved in young volunteer projects such as the National Citizen Service (NCS) and the Youth Philanthropy Initiative (YPI), and events such as Merton Healthy Minds Day at Wimbledon Theatre.

For further information on stem4 email enquiries@stem4.org.uk or visit www.stem4.org.uk.