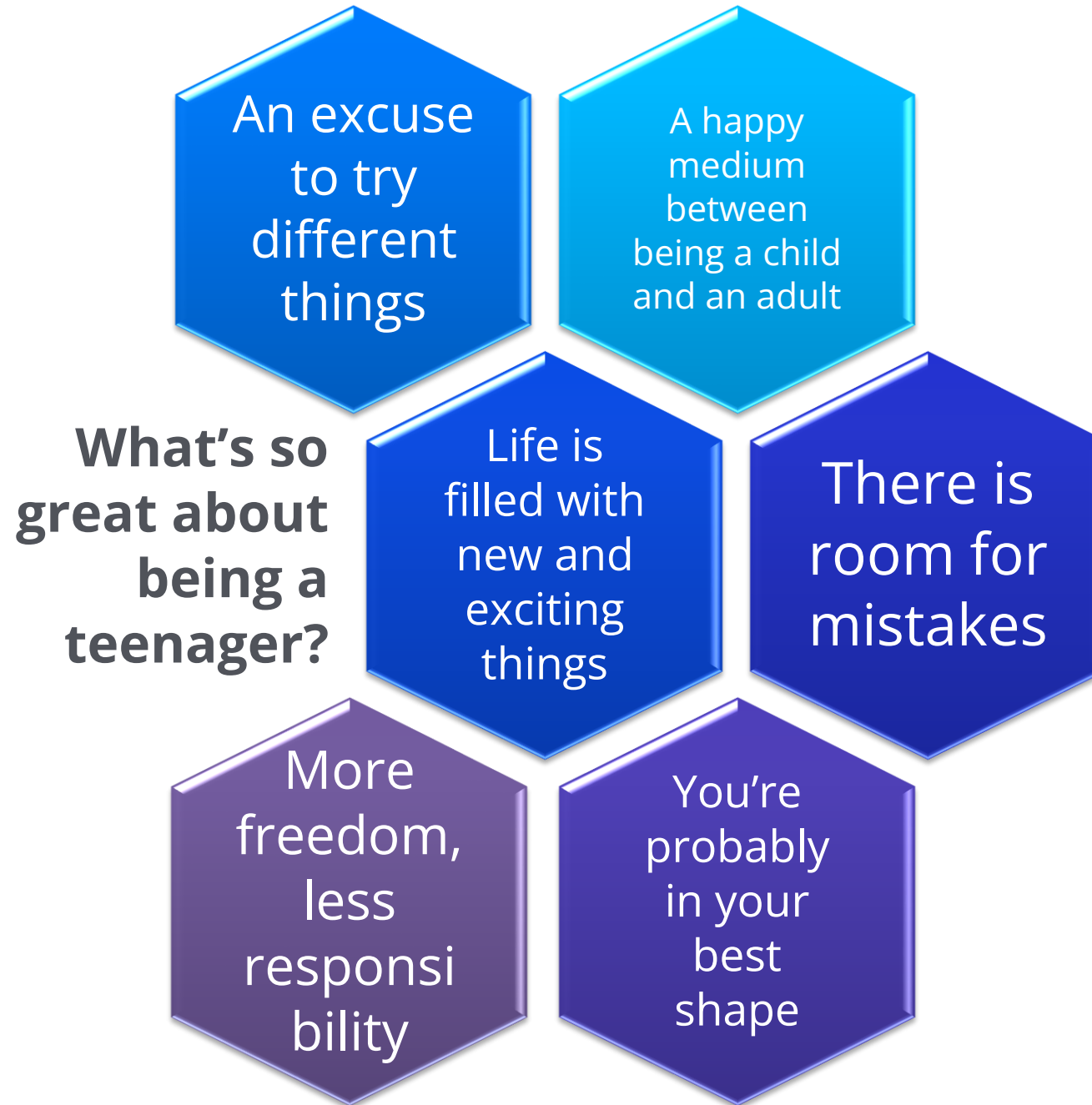


Can you talk?

Assembly December 2023

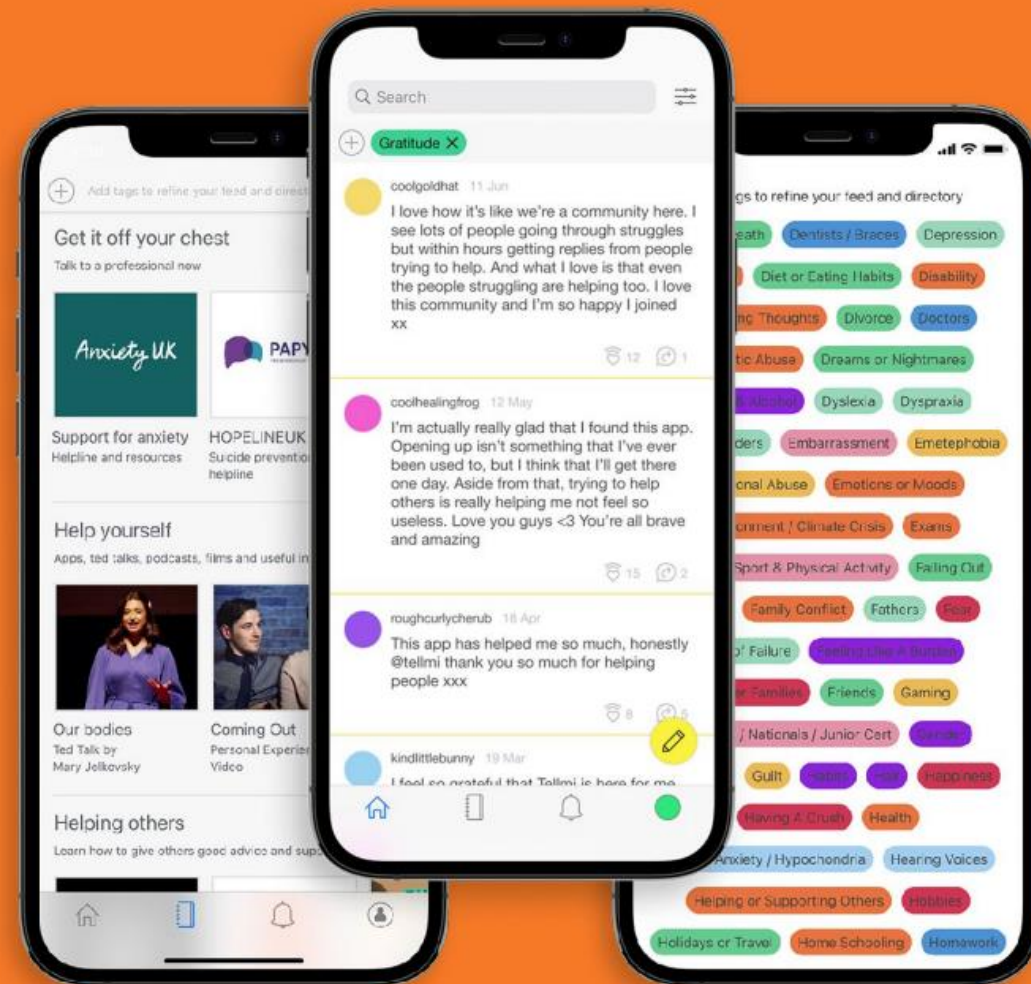


But sometimes it's good to talk

The logo for tellmi, consisting of the word "tellmi" in a bold, black, lowercase sans-serif font, centered within a white speech bubble shape.

What Is Tellmi?

- Tellmi is an NHS Commissioned digital peer support app for children aged 11+
- 100% pre-moderated peer support, with pre-emptive counsellor intervention
- Age banded
- 600+ mental health self-management tools accessible 24/7





Is It Safe?

- ✓ Tellmi is completely anonymous
- ✓ All posts are checked before they go live
- ✓ No personal information can be shared within the Tellmi app
- ✓ All data stored in the UK
- ✓ Cyber Essentials Certified
- ✓ DTAC ready



Moderators

- Moderation every 30 mins from 8:30 am to 11:30 pm
- Moderators are experienced working with young people
- No bullying, potential harm, abuse, or identifiable information.



Counsellors

- High risk posts are quarantined and reviewed by a trained counsellor.
- Tellmi counsellors provide pre-emptive in the moment support or signposting.
- Tellmi counsellors follow up with individuals and track their progress to ensure ongoing safety and support.
- Young people within Berkshire West also have access to Solution Focused Therapy



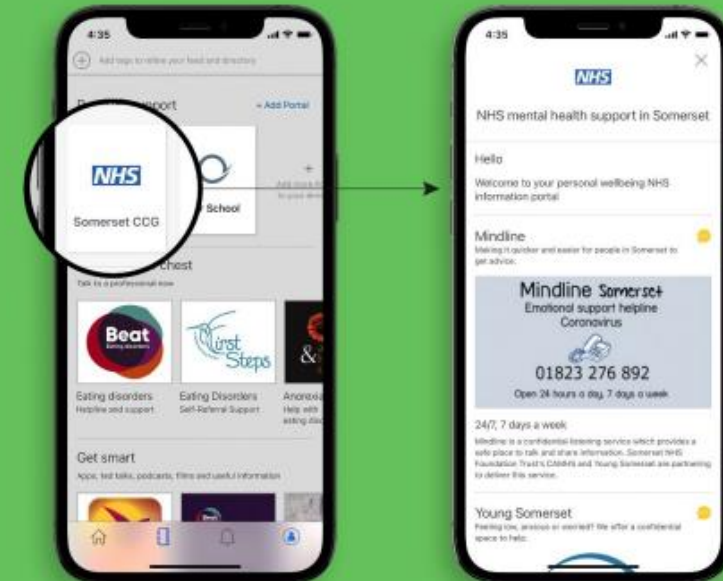
SuperPeers®

- Volunteer undergraduate psychology students
- Trained to respond in a supportive, friendly and encouraging manner.
- Ensure every post gets a reply
- A diverse group of passionate people on hand to support young people



The Directory

- Over 600 easily accessible resources
- Personalised and filtered to needs, age and location of the individual
- All resources are reviewed every 2 months





56% of Tellmi users identify as LGBTQ+.

32% of Tellmi users receive free school meals.

22% of Tellmi users are boys.

19% of Tellmi users are from Black or Minority Ethnic groups.

17% of Tellmi users are Autistic.

3% of Tellmi users are in the social care system.



Does Tellmi Work?

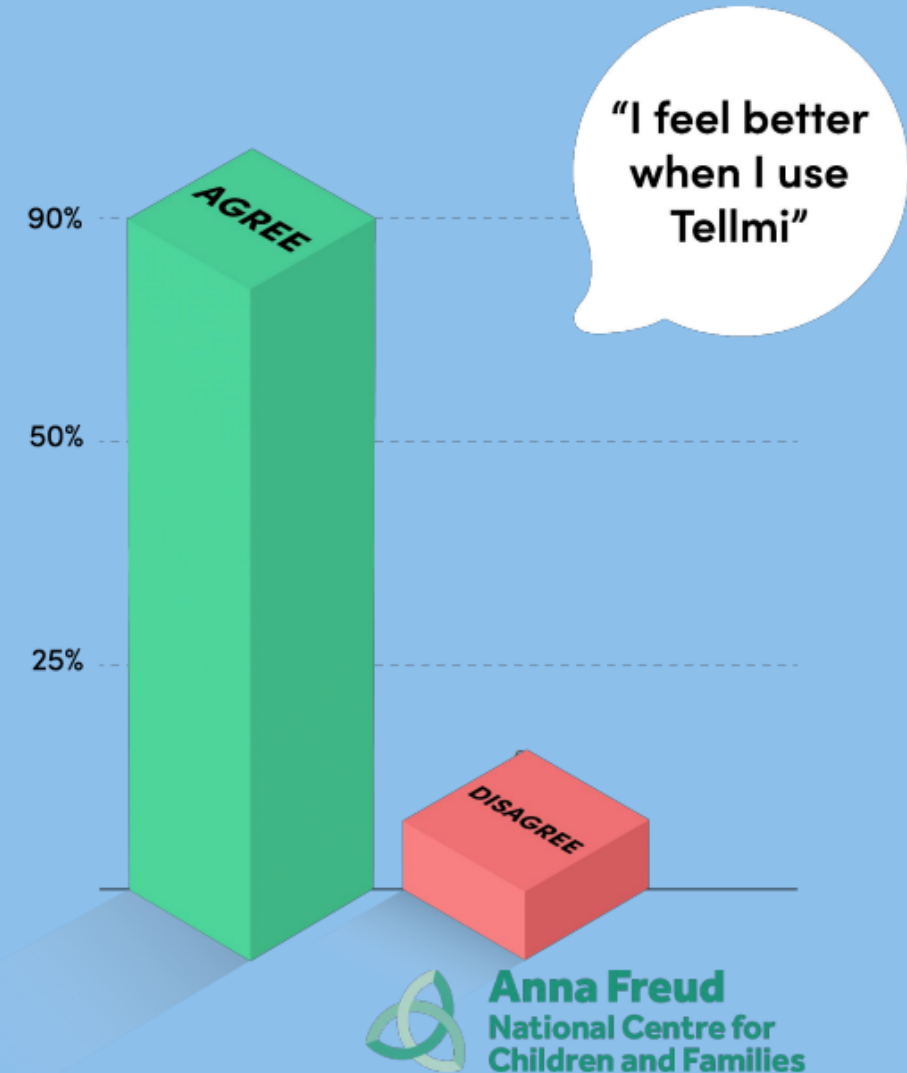
82% said Tellmi connects them to others with similar problems

79% felt less alone.

78% believed it was easier to talk about problems anonymously.

72% of young people felt better overall.

71% of young people found new ways to help themselves

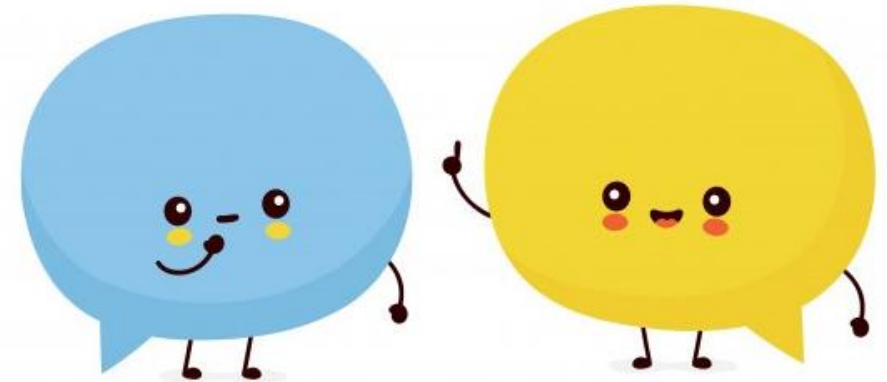




Where to find help and support

If you are worried about yourself or someone else, or if want to report something that doesn't feel right or safe, there is always help for you. You can:

- talk to your tutor or a trusted teacher
- talk to a welfare manager
- talk to your parent or carer – they can contact school on your behalf
- email listening@denefield.org.uk
- post a note in the listening box at student reception
- call Childline 0800 1111
- Tellmi



Our key safeguarding staff are:



Mrs Williams (DSL)



Mrs Hill



Mrs Holley



Mr Towill