

tellmi

What is Tellmi?

You may remember towards the end of the Summer term our partnership with the MeeToo mental health support app began. Some of you hopefully downloaded it and began to use it.

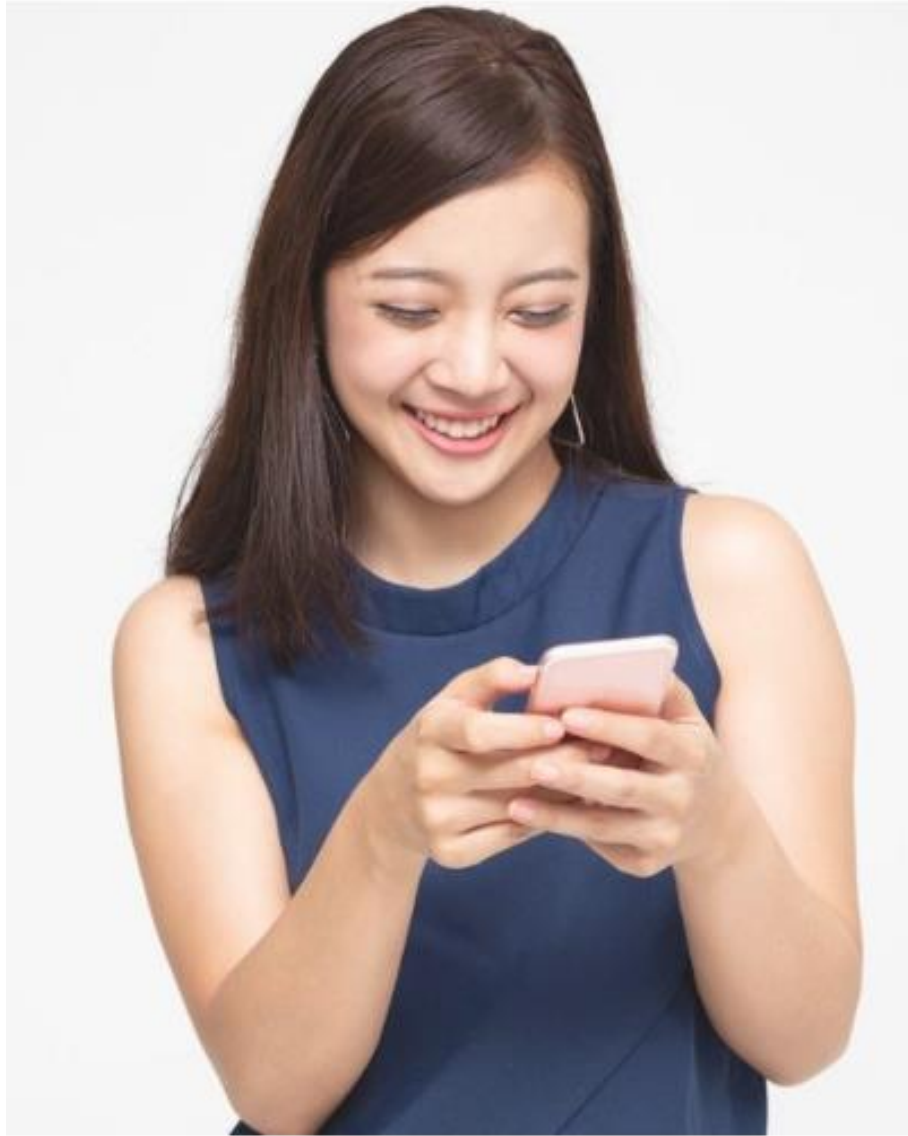
If you are new to Kingsmead this will be new to you today.

As the MeeToo app and #Metoo movement have grown, and occasionally been confused, the app have taken the decision to rename now to **Tellmi**.

Tellmi is a mental health and wellbeing peer support app. It is free to download, anonymous to post and safe as all posts and replies are checked and moderated by trained professionals.

We are encouraging as many of you as possible to download and sign up to the app. Here's why and how it works...

- [How Tellmi Works on Vimeo](#)



Tellmi Impact Survey 2020

Final Results, N=1002

98% say that Tellmi is a supportive community.

95% say that using Tellmi helps them

93% say that anonymity makes it easier for them to be open.

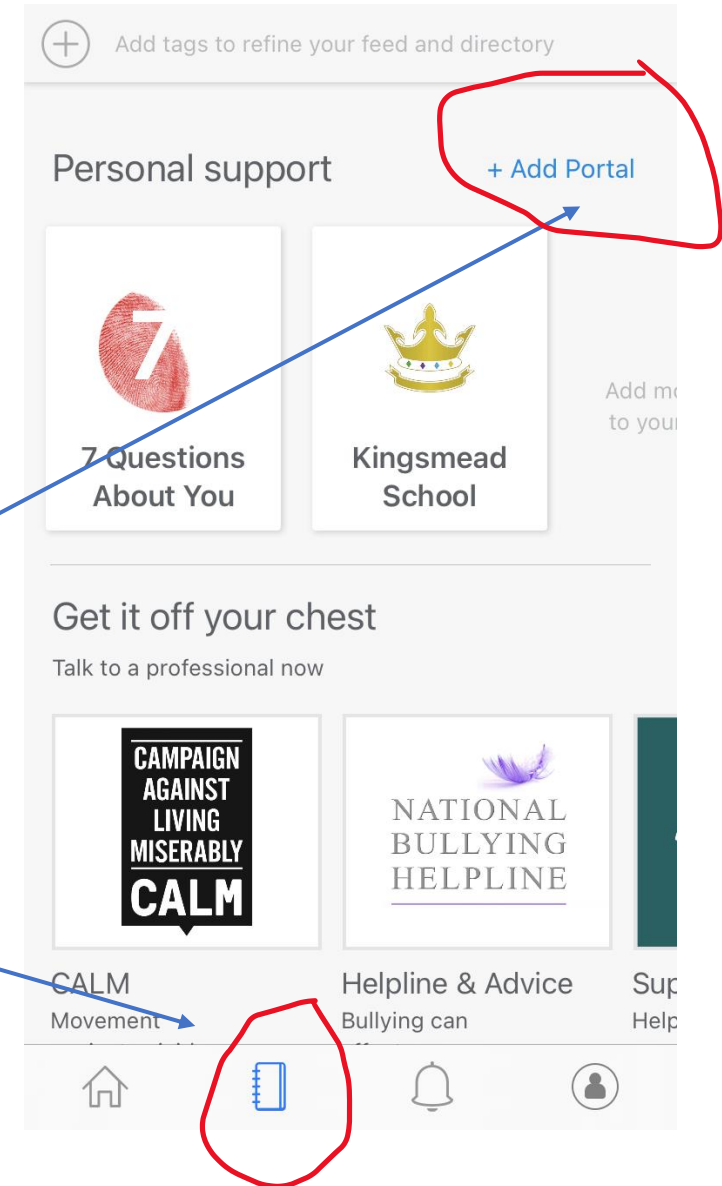
92% say that the replies that they get on the Tellmi app are supportive and helpful.

91% of young people who use the Tellmi app say that helping others makes them feel better about themselves.

83% say that the new Tellmi directory is helpful.

Add Kingsmead school portal...

- Once you've signed up, make sure to add your school portal for even more support within your community. **Telmi is completely confidential.** Download. Offload. Feel Better.
- To access the portal, if you already have the app but haven't selected your school, go to the directory page (the book/file icon), then
 - Tap on *Add portal* at the top of the directory page
 - Then *Add school, college or university*
 - Then search for *your school* and select it
 - Then exit the *Add portal* screen and refresh



Kingsmead portal offers information on finding further support and gives us data insights into what topics users are posting about. This can help inform us of what wellbeing interventions we can offer in school.



Kingsmead School

Welcome

Kingsmead Wellness Hub. Find information on support in and outside of school.

Wellbeing referral

Speak to your progress leader for a referral to the hub for wellbeing support



Once you're referred to the Wellness hub, an initial meeting will determine what support will be best for you. This could include Kings Mentoring groups, Self esteem support groups or 1:1 mentoring.

Shield and Shelter



If you are concerned you or someone you know is being bullied you can get support through Shield & Shelter. The aim of SAS is to protect all from threat or harm. You can email or text confidentially.

Diversity Inc.

Bi-weekly group meet ups, speak to Mr Stephens or Mrs Truby for more information



We believe the promotion of diversity and inclusion is the responsibility of all members of our school. Diversity Inc is a safe space to share thoughts and feelings with other like minded students.

Shout

Free 24/7 mental health text support in the UK for anyone struggling to cope



Shout is a service provider for support outside of school. It is 24/7 and you can access it by texting 85258 on your mobile.

Childline

Need to talk?



What next?...

- We would like as many of you to sign up and access the Tellmi support app. Outside of school when you have access to your phone, search on your app store for 'Tellmi app'. Add Kingsmead school portal on signing up and we will start to get insights to help inform us.
- Tellmi app *is not a replacement* for help but rather *in addition to*. **If you are concerned about yourself or someone you know you should speak to a staff member at school.**
- More information can be found on their website <https://www.tellmi.help/>
- Complete the Tellmi survey to help inform their outcomes.

<https://www.surveymonkey.co.uk/r/2KTZ9HK>

What people
have said
about
Tellmi...

"I like that you don't know who people are, there are no negative people on there. If you have a problem, people reply with really helpful stuff"

"my friend tried the app and it helped because she knew she wasn't alone"

"Tellmi helped me connect with other members who are in the same boat as me. They have helped give me support and advice and made me know I'm not the only one suffering. This app has really changed things for me and I've really picked up loads of helpful advice from really caring members. It's also nice that other people's stories are available to read. This really helped me and made me see that speaking up was the best way to heal. Thank you Tellmi 🤝❤️."



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“Getting anonymous help from Tellmi has honestly been so helpful. I’ve always been afraid to open up to people around me such as friends and even family. However this app eases the pressure since there’s always at least one other person going through what you’re going through and there is never any judgement. There’s a strong sense of community and it’s so nice to know that I’m not alone and there’s always someone here to listen. I don’t know what I’d do without the Tellmi app.” Tellmi user aged 15



- Any questions speak to Mrs Truby or Mr Stephens in our Wellness Hub (opposite medical room).

