

Safeguarding Newsletter – November 2022 – Issue 1

Welcome to our first edition of the Safeguarding Newsletter from the Hartshill Academy Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

Supporting Mental Health

Tellmi app

What is it?

Tellmi is a free, safe, anonymous app where young people can talk about difficult things. Beneath an engaging peer-to-peer social media feed, Tellmi integrates the latest psychological research into peer support and positive psychology. Tellmi is a neutral space which allows young people to experiment with what it feels like to open up without drawing attention to themselves. It enables positive feedback and social support which builds confidence, increases wellbeing and promotes emotional resilience.

One of the best ways for a young person to manage their wellbeing is to share how they are feeling. The multi-award winning [Tellmi](#) app makes it easy to talk about difficult things, and to get support. We are delighted to be partnering with your school to share our expertise and provide additional support for students. **Your child can add their school when they register their account.** [Here](#) is a short video to explain how it works. Tellmi can be downloaded from [Google Play](#) and [Apple App Store](#).

The Tellmi app gives young people the tools to help themselves, and each other. It enables young people who share similar life experiences to provide each other with reciprocal support, advice, empathy and a sense of belonging. It is important for you to know that Tellmi is confidential and anonymous which gives young people the confidence to talk about whatever is worrying them. Tellmi is completely safe because all posts and replies are checked by human moderators before they go live. This prevents all bullying, harassment or humiliation. The app is age banded so that content is relevant to their age. The content can be filtered using the sensitivity slider next to the search bar to hide the topics that your child doesn't want to see. Positive feedback and support is curated in the app and in-house counsellors provide extra support if needed. The in-app directory is packed with useful resources. It enables students to connect directly to school support services through their school portal and those available in the local area.

"I actually didn't realise how much better this app can make someone feel. I love being able to ask my own questions and just the experience of trying to help even one other person helps me to feel happier too" Tellmi User

For more information about how we keep your child safe, our approach to confidentiality, or any other question please visit <https://www.tellmi.help/safeguarding>



tellmi