

TELLMI

Tellmi is a free, anonymous peer-support app for young people, commissioned by the NHS and local authorities. Unlike many digital platforms, every single post and reply is checked by trained human moderators before anyone sees it. There are no unmoderated spaces, no private messaging, and no way for users to share images privately.

For parents who want the full picture, the team at Tellmi have produced an information booklet: [**tellmi.help/parents**](https://tellmi.help/parents)

How is my child kept safe?

Tellmi was designed with safeguarding at its core:

- + All content is pre-moderated - posts and replies are reviewed by trained moderators before going live. Harmful content, bullying, personal information, and inappropriate advice are screened out.
- + Age-banded. For under 18s only and one can only see content from peers within two years of their age.
- + No private messaging - users cannot send DMs or share images privately. There is no way to move a conversation to an unmoderated space.
- + Pre-emptive counselling - if a post indicates high risk, the in-house counselling team reaches out privately before the user even asks for help.
- + Sensitivity settings - parents and users can block specific topics or users.

Does the evidence back it up?

Yes. A 2022 independent evaluation by the Evidence Based Practice Unit at UCL and the Anna Freud Centre (a 9-month study) found:

- + Statistically, significant improvements in users' mental health
- + Increased confidence and decreased loneliness
- + Young people gained practical tools to manage their own mental health

Monthly data continues to show:

- + 82% of users said Tellmi connects them to others with similar problems
- + 79% said it helped them feel less alone

+ 72% feel better when they use Tellmi

Can I see what my child posts?





No - and that's deliberate. All discussions are completely anonymous and confidential. Research from the Anna Freud Centre found that this anonymity actually increases young people's confidence to open up to their parents about what they need. Tellmi would only share information without consent if there is a threat to life or a legal mandatory duty.

What about therapy?

In NHS-commissioned areas, Tellmi also offers text-based therapy via the app - delivered by specialist trained therapists using a Solution-Focused approach. Referrals can be made by parents, carers, professionals, or through self-referral.

Getting the app

Tellmi is available on all platforms:

-  iOS (App Store): [Download](#)
-  Android (Google Play): [Download](#)
-  Web app: tellmi.app
-  Parent information booklet: tellmi.help/parents