

MeeTwo is a free, multi-award winning, fully moderated, anonymous, mental help app which gives young people the tools to help themselves, by helping each other. The MeeTwo app is NHS approved and currently supports 25,000 young people aged 11-25 throughout the UK.

Our response to the COVID19 crisis

Support for young people during the COVID-19 crisis.

Thousands of young people will require additional support through the Covid-19 crisis making MeeTwo needed more than ever. Between Monday 16th and Friday 20th of March posting rates on the app increased by 50%. The number of posts requiring welfare support has doubled since the schools closed on Friday 20th of March. More than 30% of posts now relate to COVID-19. Through February, 80 people a day joined the app. On March 22nd, that number rose to 160 people a day even though we haven't increased our advertising efforts. **On Sunday 22nd of March there were an unprecedented 27 suicidal posts between 8.30am and 8pm.**

The NHS predicts that an increased number of young people will develop mental health issues as a result of the current crisis, but for the next few months young people will NO LONGER be able to access mental health services unless they are already in the system. MeeTwo is ideally suited to support young people who might otherwise access tier 1 or tier 2 mental health support. Because MeeTwo is digital and our moderators and super peers work remotely, we are one of the few services who are able to operate normally in these uncertain times. We are currently increasing our capacity to fill the gap in NHS services.

In the short term MeeTwo can help young people to cope with the emotional strain of the COVID-19 crisis but more significantly, MeeTwo can help prevent issues from escalating, protecting both the young person and the NHS over the long term.

Post *"I've fallen back into my depressive ways after being stuck at home for 4 days and now the UK is on lockdown I'm gunna be stuck inside for longer. I've got nothing to do, no one to talk to (besides family but I hate doing so) I just feel so alone. I'm scared I'm going to end up hurting myself and I feel like I'm going insane. Anyone got any advice? :("*

Replies *"Try setting out some little goals? They can be tinyyy like maybe just taking a shower, tidying up your room? Just start small :)I got counselling while I was in school and I understand your struggle as I told my counsellor I was scared to be off school. I still am scared and I'm bored already. Explaining this to you helps me and I hope this little bit of advice can help you too."*

"Maybe try something new? Like drawing or writing the start of a novel. Try using your imagination in the best way! Maybe if you have a garden step outside and picture something beautiful through it. If you go down that spiral to a dark place, try to think positive. I know it's hard to."



Creative Expression

As well as providing a safe place for young people to share their worries and fears and get safe support, MeeTwo is also a creative outlet. Young people submit their artwork or personal stories via email, and they are published within the app. We have seen a significant increase in people sending in their artwork since schools closed and over the next few weeks, we will be running a series of creative challenges including mask making, baking and tick tock dances to help keep young people active.

Services for Mental Health Trusts.

MeeTwo is free for young people to download for IOS and Android. We can provide NHS Trusts with digital marketing materials to help them inform young people about MeeTwo. NHS Trusts can use MeeTwo to share information with young people about local mental health services, public health information and local third-party support providers such as Kooth or Off the Record. Creating a direct link between in-app peer support and NHS or third-party services makes it much easier, and much more likely that young people will seek support sooner rather than later.

Our capacity to provide support during the crisis.

We currently have capacity to at least double our user numbers to 50k users. Software updates planned for early summer will expand this capacity to at least 150k users and with additional funding, this work could be brought forward. Moderators and the counsellors who make up the welfare team work on a shift basis from home and are easily able to provide cover for staff who may go sick. We have 5 'spare' trained moderators who are able to provide occasional cover. We are also compiling a list of volunteers that we can quickly train should we need extra capacity.

For more information contact suzi@meetwo.co.uk or kerstyn@meetwo.co.uk

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