

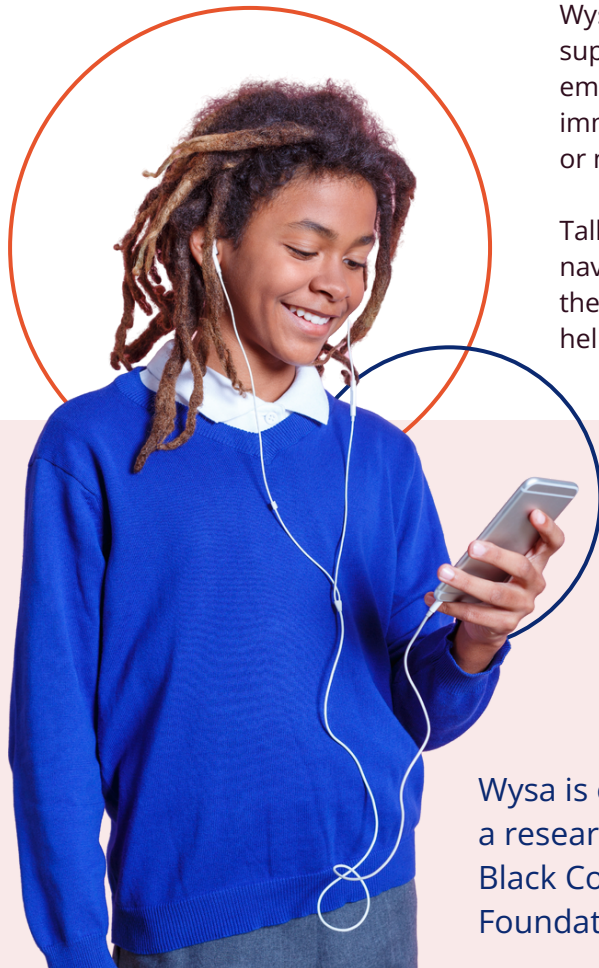
Building Emotional & Mental Resilience Skills with Wysa

Wysa is a clinically safe mental health support app that helps users build emotional resilience skills and offers immediate support at any time of day or night.

Talking to Wysa can help users navigate difficult emotions and give them the confidence to reach out for help when they are ready.

Wysa Premium usually costs £69.99 per year but is FREE for pupils of secondary school age in the Black Country.

Wysa is offered to students as part of a research study commissioned by Black Country Healthcare NHS Foundation Trust.



How can Wysa help?

Wysa gives teenagers someone outside of their circle to talk to, any time, any place. It can help with:

- Anxiety
- Stress
- Loneliness
- Self-Confidence
- Relationship troubles
- And more!

Is Wysa safe?

All of the content within the Wysa app is reviewed and approved by qualified Clinicians. In fact, every response Wysa gives has been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach to offering mental health support.



**A safe space
with Wysa**



**Self-help
content library**



**24x7 mental
health support**

<https://www.wysa.com/children-and-young-people>

What does Wysa Premium include?

Courtesy of Black Country Healthcare NHS Foundation Trust, teenagers can access the full Wysa Premium on-demand self-help tool packs of 150+ exercises, from mindfulness to clinical validated CBT tools for depression and anxiety support. Wysa's AI chatbot guides users towards the right self-help exercises at the right time.

Privacy

Wysa is not a social media platform and users cannot message each other. No one will see what is shared with Wysa, as it's completely anonymous. No email or sign-up is required in the app. All you need to do is open the app, enter a nickname and you're ready to get started!

What happens in case of emergency?

Wysa has built-in crisis support that gives SOS advice on how to get urgent help from local emergency mental health services in the case of an emergency. This feature also takes users through a grounding exercise to calm during panic.



Secure



Anonymous



Private