



Mental health support for **every** young person.

Bringing early intervention and measurable prevention to young people's mental health.

## The Issue with Traditional Support

**82% of young people** feel they are experiencing anxiety, stress, low self-worth, depression or sleep problems and **1 in 3 screen positive** for anxiety or depression on clinical tests, but **more than half (55%) are reluctant** to speak to a mental health professional. The main reason is **embarrassment**. Of those who do seek support, **35% say the support is not available** when they need it and **25%** say even though support is available, they **do not like talking about their problems**.

## Stigma-free support as the first-step of care

Wysa reduces the stigma and embarrassment associated with mental health by removing the need to have to ask for help. It's **non-judgemental** and **available 24/7** at any time of day or night when traditional services can't be.

## Impact

Working with local authorities across England and Scotland, Wysa's mental health support is being made available to every student at **100+ secondary schools** this year.



**82%**

of users return  
for **5+** sessions

**92%**

of adolescents  
find Wysa helpful

**1000+**

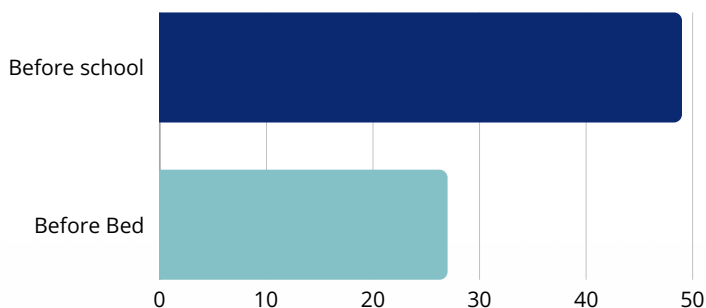
**early intervention** support sessions  
delivered at a single school within 4 weeks

*"Wysa will be **invaluable to the quieter students** who don't speak up and ask for help when they need it.*

*- Staff Member, Forrester School*

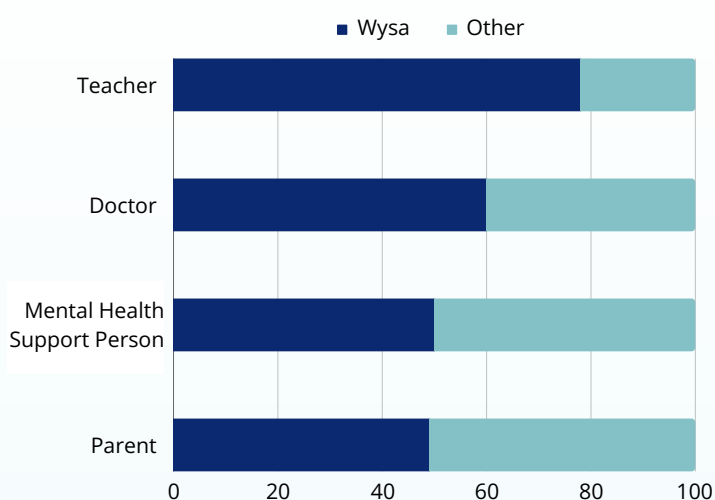
## Why Wysa?

Early intervention to support young people with their mental health is vital. **Wysa** can provide effective **early intervention** in a **clinically safe** way at times when young people **need it most**.



Our real-world data shows that support is most needed **outside of core school hours**. Almost half (49%) of young people feel most worried, anxious and stressed **before school** and 1 in 4 (27%) **before bed**.

Wysa does **not** require you to **proactively contact** a service and **ask** for help.

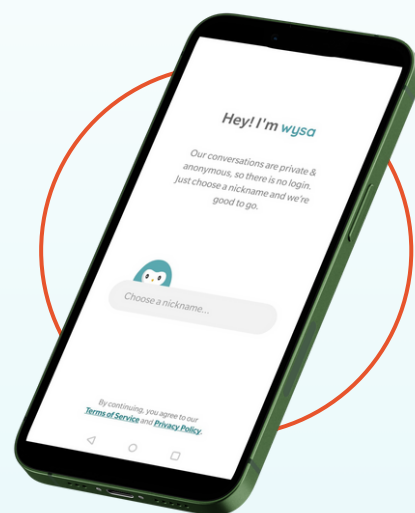


**91%** of teenagers have access to a smartphone they can use in private which **avoids the stigma and embarrassment** associated with asking for help.

**The majority of 13-17-year-olds would choose to speak to a mental health app** over their teachers (78%) and their doctor (60%). Almost half (49%) would choose a mental health app over their parents.

## Wysa's clinically validated mental health app provides:

- ✓ Anonymous, stigma-free conversation
- ✓ AI-guided support with 150+ tools to help build resilience
- ✓ Assessments to measure and manage risk
- ✓ Crisis identification SOS and escalation pathway



Your Wysa team can support with implementation by providing parent and pupil information, assembly and lesson support, and comprehensive FAQs for all users.

"We have **clear evidence** to show that **early intervention** is **effective** and **cost-saving**. Not only is provision much cheaper if delivered earlier, it is also more [cost] effective: Public Health England estimates that every **£1 invested** in emotional resilience programs in schools has a **£5 benefit** realised over 3 years."

– Children's Commissioner for England