

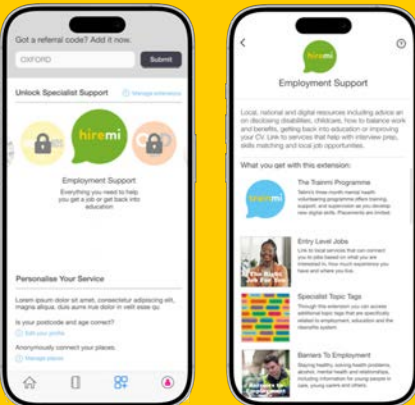


Are you unemployed
and aged 16-34?



With Tellmi you can get

Anonymous Mental Health Support



With Hiremi you can get

Employment Support & Resources



With Trainmi you can get

Inclusive Training & Volunteering



Download Tellmi.

Scan the QR code or search for Tellmi on the App Store or on the Google Play Store. If you prefer working on a laptop you can use the webapp at www.tellmi.app. To find out more email jodie@tellmi.help



A new digital mental health solution for 16-34 year olds who are looking for work, or want to gain experience.



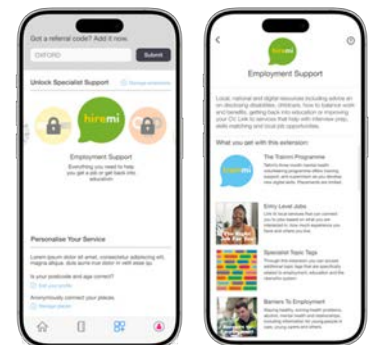
Improve your mental health. Download Tellmi and get safe, anonymous support.

- Talk to people who are struggling with the same challenges as you are.
- 100% pre-moderation and counsellor support available from 8.30am to 11pm every day.
- Using Tellmi is evidenced to increase confidence and reduce isolation.



Grow your confidence. Unlock the Hiremi extension and get employment support.

- Everything you need to know to manage your mental health during your job search.
- Find resources that help increase your resilience and grow your confidence.
- Overcome barriers to gaining and maintaining employment.
- Learn how and when to disclose disabilities.
- Get guidance on how to find work, no matter what experience or qualifications you have.



Gain experience. Join the Trainmi mental health volunteering programme.

- A supported three month mental health volunteering programme.
- Get training and ongoing supervision.
- Learn new digital skills.
- Learn how to support your peers and make a meaningful difference.
- Get a certificate and a reference to enhance and extend your CV.
- Limited spaces so sign up today.



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