

# MeeTwo

Safe Social Media Support  
For Teenage Anxiety



TeachFirst  
**INNOVATION**  
PARTNER 2017/2018



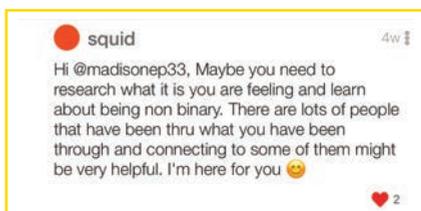
# MeeTwo is an innovative, award-winning app which provides fully moderated, scalable support to reduce teenage anxiety and improve wellbeing.

## With MeeTwo, young people can...

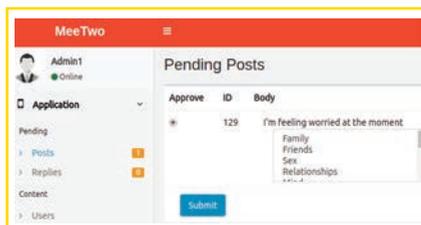
**Get Support:** Anonymity allows young people to ask questions about issues that may feel too personal or awkward to ask anyone else.



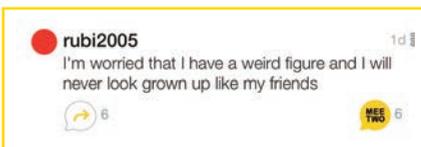
**Help Each Other:** Research shows that the peer support model benefits those giving and receiving advice.



**Stay Safe:** All posts are screened before going live. This means no bullying, no negativity and no posts that competitively escalate, rather than reduce anxiety.



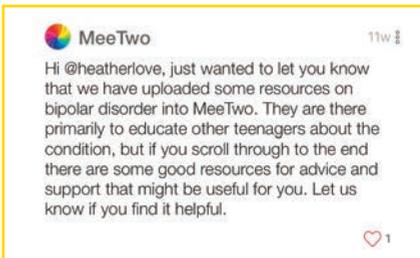
**Normalise Anxieties:** The MeeTwo button lets young people know they're not the only one with that concern.



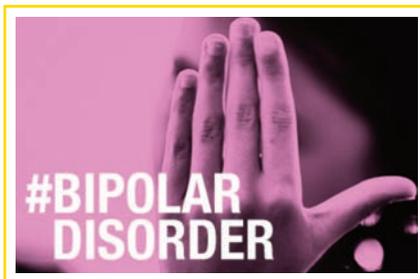
**Avoid Gender Norms:** Anonymity allows users to escape gendered behaviours and stereotypes.



**Get Expert Guidance:** Advice chains are monitored to ensure that every question gets the right support. Our moderators and experts are trained to identify children at risk and direct them to specialist support.



**Learn:** Educational resources are developed and uploaded in response to users' needs, recent events or annual stressors such as exams.

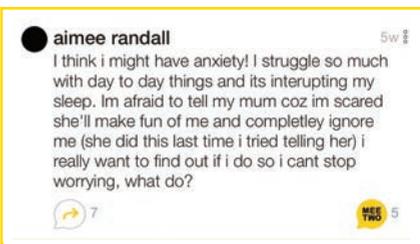


**Get 3rd Party Support:** The MeeTwo directory has live links to real world support groups so users can explore resources such as Brook, Beat, Childline or No Panic from within the MeeTwo app.

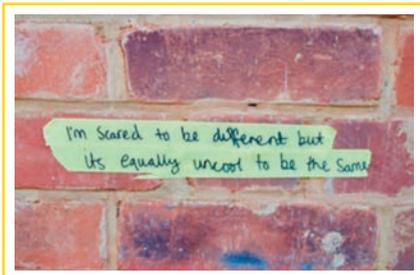


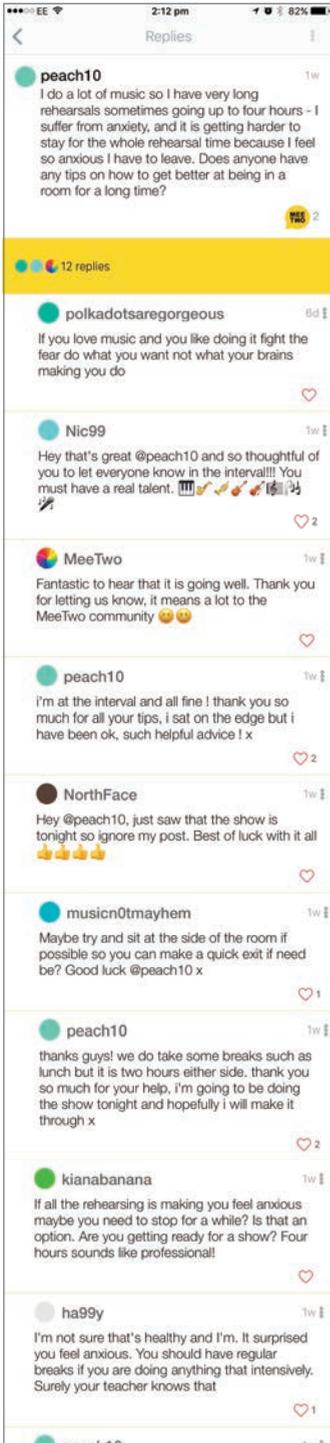
**No Panic Youth Helpline**  
<http://www.nopanic.org.uk/youth-helpline/>  
Landline Rate Helpline: 0330 606 1174  
Available from 3pm-6pm Mon to Friday  
Help for people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.

**Get To The Point:** A 300 character limit forces users to communicate in a succinct way and prevents unhelpful verbosity.



**Express Feelings Visually:** Young people can submit photographs of artwork in any medium for publication within the app.





## MeeTwo

Where Young People Help Each Other

**bluemorpho** 6w  
I'm new here, and already people are being so loving and kind, I may post more often x



**\*suddeniris\*** 1w  
Thanks for all the comments x @Nic99, I have done volunteering before for a long period of time but I had to quit since I got a paid job



**LJC** 6d  
Thank you that makes me feel much better and yes I have told my parents about it and they are helping me get through me worrying stage 😊



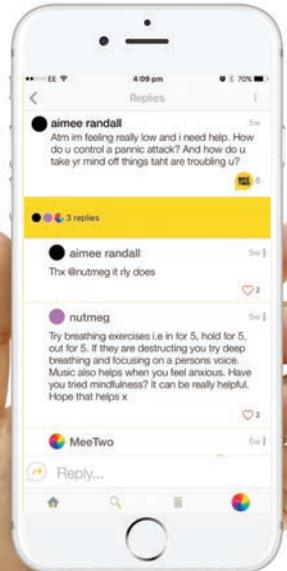
**daniiii** 3w  
Thanks everyone this really helped 🙌



**SuperNova** 2w  
This is my first post and I feel a bit shy, but I like the idea of this app so I'm just posting as a test



**rxsie\_ray**  
Thanks everyone th



## MeeTwo is...

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**Kerstyn Comley** Managing Director. An experienced engineer, she is founder governor of Wapping High School, London, and a volunteer teacher. Kerstyn also regularly contributes to forums and TeachMeets, which actively seek inventive technological solutions for education.

**Suzi Godson** Creative Director. A psychologist and leading expert in sex and relationships, Suzi writes weekly for The Times newspaper and is the author of several books. She is also a Childline counsellor. Suzi firmly believes that UK teenagers deserve better education around managing stress, building resilience and mental wellness.

**The Team** MeeTwo Education is supported by an expert advisory group with a wide range of knowledge including adolescent mental health, safeguarding and education. Our youth advisory panel is made up of talented young creative professionals. We also work closely with schools and provide workshops for teenagers.

## What Experts Say About MeeTwo

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"MeeTwo harnesses the benefits of social media to create a new, safe mobile learning platform, especially for children with a less supportive home environment."

**Teach First Innovation Award Judges 2017**

*"I believe MeeTwo will be peer support done right. It is not simply a social media platform for young people facing stressful situations that may be affecting their mental health; it is a safe way for them to access relevant information that they may not be able to get anywhere else, in a way that is acceptable and accessible to them. I look forward to collaborating with MeeTwo's dedicated and caring team."*

**Dr Andrés Fonseca, CEO Thrive Therapeutic Software, Consultant psychiatrist, University College London and University of Roehampton**

"At the Wellington Academy we recognise that immediate action needs to be taken to improve the wellbeing of teenagers. MeeTwo has great potential and we are delighted that our students helped MeeTwo win the Teach First Innovation Award."

**Dr Mike Milner, Executive Principal, The Wellington Academy, Wiltshire.**

## Contact

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W: [www.meetwo.co.uk](http://www.meetwo.co.uk)



@meetwohelps  
/meetwohelps



Watch our short film:  
[goo.gl/hkOBdf](http://goo.gl/hkOBdf)



Free to download and use.

## Partners

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## Awards

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Award Winner 2016



MeeTwo™ is a social enterprise registered company (09764411) in England and Wales.