

The logo for 'tellmi' consists of a white speech bubble with a black outline. Inside the bubble, the word 'tellmi' is written in a bold, lowercase, black sans-serif font.

tellmi



Support your child

Young people in Leicestershire and Rutland can now benefit from award-winning mental health support.

Tellmi is proud to be working with First Steps ED in Leicestershire and Rutland to provide digital peer and counsellor support to young people who are experiencing eating difficulties.

[FIND OUT MORE](#)

What to look out for

Symptoms of eating difficulties can be very subtle. It's important to be aware of the early warning signs to prevent more serious symptoms from developing:

A sudden interest in nutrition and food labels

Anxiety or stress around meal times

Always eating the same or similar meals

Preoccupation with 'clean' or 'healthy' eating

Insistence on preparing all food themselves

Excuses to avoid meals, e.g. 'I already ate'

Struggling to eat more than a few mouthfuls

Spending a long time in the bathroom after eating

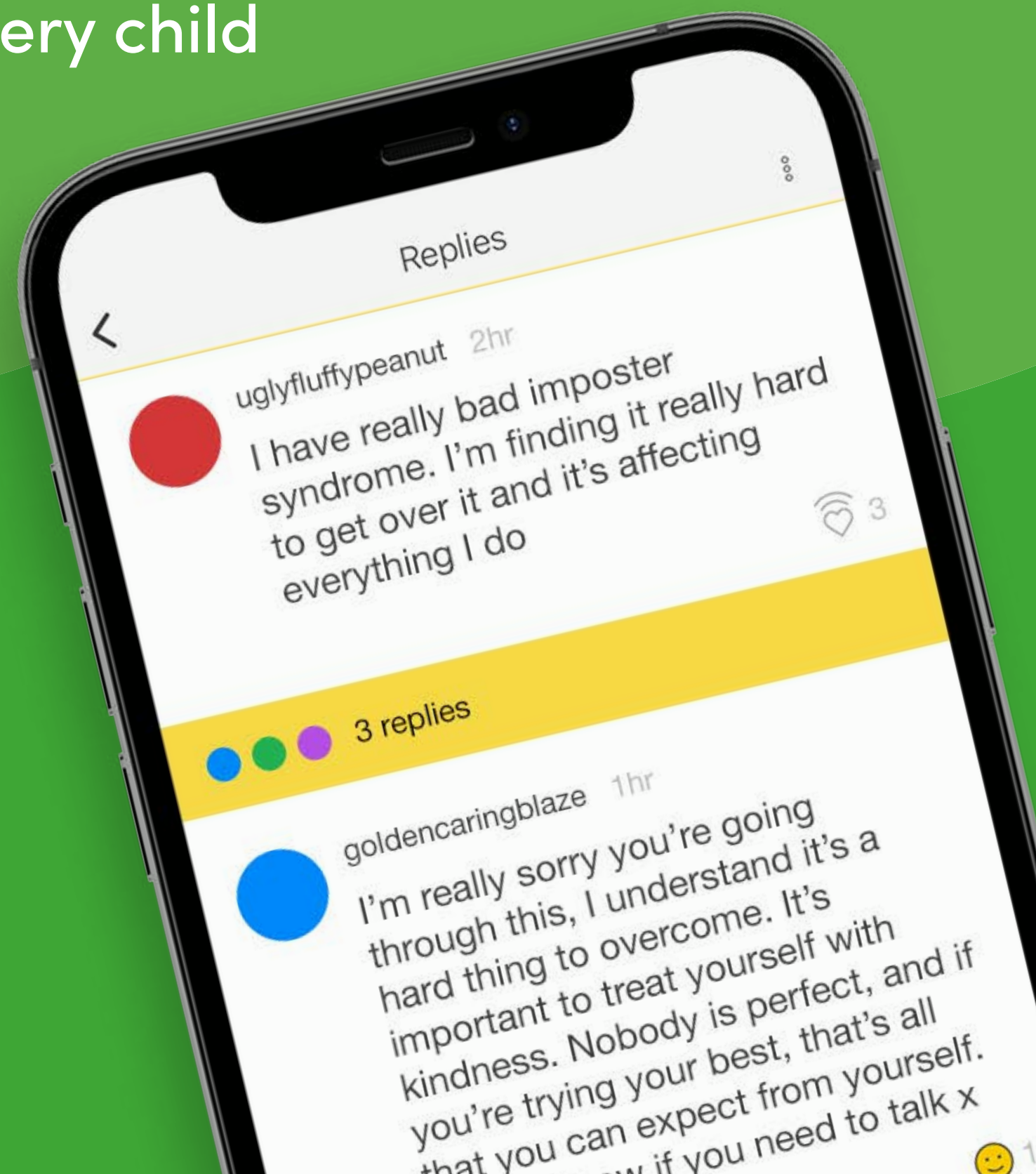
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How Tellmi Helps

Tellmi is anonymous, which makes it easier for young people to be open. The app is 100% pre-moderated by humans so every post and reply is checked and risk assessed before it goes live. Tellmi is safe for anyone aged 11+ . Age banding means your child is only ever talking to people within two years of their own age.

Within the Tellmi app, trained volunteers act as SuperPeers® to make sure that every child gets a helpful reply and no one is ever left out. They also monitor posts around eating difficulties to ensure that discussions are safe and accurate. The Tellmi directory contains direct links to crisis and specialist support services and is packed with interesting podcasts, talks and personal stories written by users.

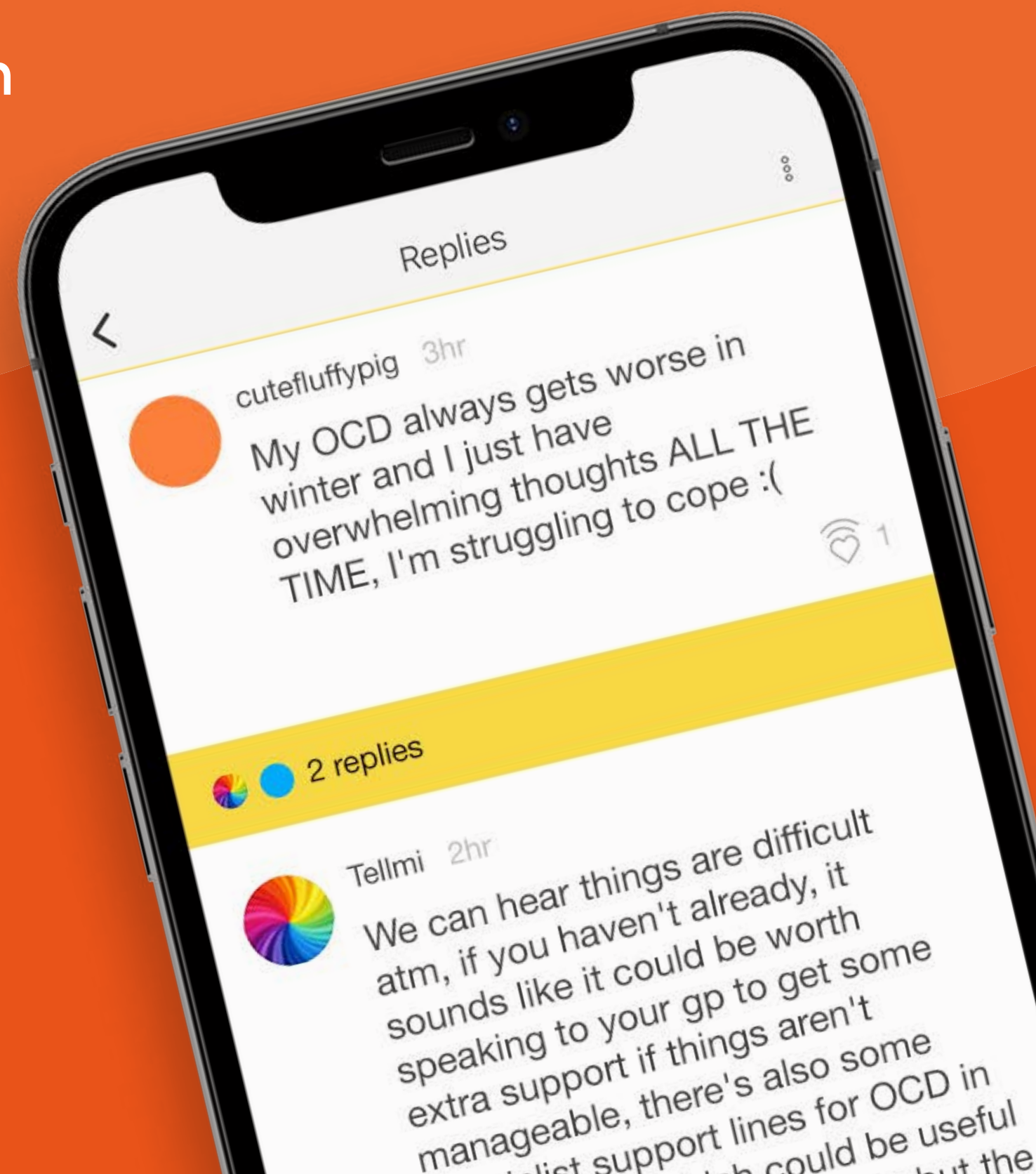
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Safeguarding is a priority

If moderators are worried that a young person is at risk, they are immediately connected to a Tellmi counsellor. Those presenting with eating difficulties are also encouraged to self-refer for counselling through First Steps ED.

Preemptive counsellor intervention means that young people who are in distress don't have to ask for counsellor support. It comes to them.



[FIND OUT MORE](#)

“i’m so grateful for this app. i genuinely thought i was alone with what i was going through but it helped me realize i’m not and it’s just beautiful to think that an app like this was even created”

Tellmi user aged 16



Search **Tellmi** on the App Store or Google Play



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