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March 2026

Dear Parent,

As we all know, one of the best ways for a young person to manage their wellbeing is to share how they are feeling and at FCC we offer a comprehensive package of pastoral support designed to guide our students through their time at secondary school. However, it is also normal to expect that not all teenagers will be confident in speaking to staff in school and would rather find another outlet for their questions. More often than not, this will be from social media, where reliable support and regulated facts can be hard to come by.

Therefore, we are delighted to be partnering with **TellMi**, a mobile app supported by the **NHS** and **Oxfordshire County Council** which offers students a one-stop location for the most up to date and moderated wellbeing advice and guidance.

**Tellmi** is a multi-award winning, age-banded, peer support app that the **NHS** deems safe for people as young as 11. The app has been independently evaluated by the Evidence Based Practice Unit at University College London and is evidenced to improve mental health in young people. Users can anonymously post about anything that is worrying them and receive supportive replies from other people of a similar age. All posts and replies are checked by trained moderators and are published within 30 minutes. High-risk posts are redirected to the in-house counselling team for immediate support.

**Tellmi** features a comprehensive directory with links to over 700 nationally recognised websites and educational resources, where users can access 24/7 crisis support in two clicks. Both the feed and directory can be filtered by topic, eg 'exams', 'friends', 'autism' which makes it easy for young people to join relevant conversations and access appropriate support.

**Here** is a short video to explain how it works. **Tellmi** can be downloaded from **Google Play** and the **App Store**, or the web version can be accessed at [www.tellmi.app](http://www.tellmi.app).

**In line with our mobile phone policy, the aim of the app is to provide a continuation of support for mental health and wellbeing after school hours when students are not able to access the support we can provide in school and when they have more time to have meaningful discussions with like-minded peers and health professionals.**



Belong - Believe - Aspire - Achieve



FCC is committed to safeguarding and promoting the welfare of children and individuals.

Headteacher: Lisa Barker. Chair of Governors: Paul Ray

Cambrian Learning Trust is registered in England and Wales as a company limited by guarantee.

**Company Number:** 7977368 **Registered Office:** Fernham Road, Faringdon, Oxfordshire, SN7 7LB



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We will continue to promote Chat Health 11-19 Years run by our School Nursing Team at Oxfordshire NHS, the Oxfordshire Mental Health Hub, C.O.G.S at The Pump House Project and all other forms of pastoral care both in school and the local community.

For more information about how **TellMi** keep your child safe, their approach to confidentiality, or any other question, please visit <https://www.tellmi.help/safeguarding> and our FAQs for parents <https://www.tellmi.help/parents>.

We are delighted to bring this platform to your attention and hope that our students benefit from the ability to access safe, moderated support when they need it most.

Yours sincerely,

Julia Nichols  
Interim Assistant Headteacher



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