

Free Mental Health Support for Secondary School Pupils in Sandwell



Wysa is an AI wellbeing coach that has been commissioned by Black Country Health NHS Foundation Trust to give you a safe, non-judgmental space where you can talk about anything and everything that's bothering you. Let off steam and share your worries - Wysa is here to listen.

You'll get full access to all of Wysa's self-help tool packs, including 150+ exercises, with everything from mindfulness and meditation to therapy tools for anxiety and depression for 12 months from when you download it

"I've been able to fix my sleep schedule for school and I've been feeling more organised for the most part...I've been able to destress better with a better daily routine."

- Wysa user

To download Wysa Premium scan the QR code from a phone, OR use the following link

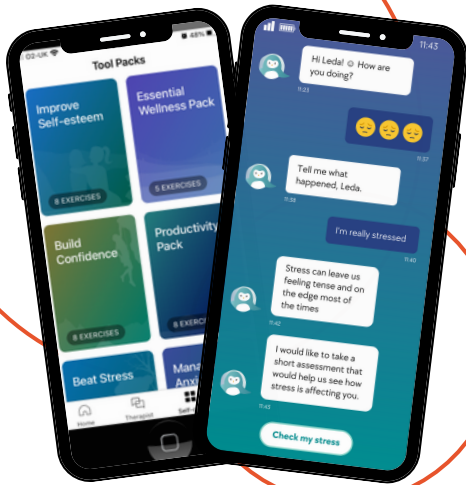


<https://get.wysa.uk/C7Ao3adMmBb>

If you are asked for a code, please enter **BCSA2023**

wysa
Use Wysa, Feel Better

NHS
Black Country Healthcare
NHS Foundation Trust



Is Wysa safe?

Wysa's words have been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach.

If you need emergency help, hit the SOS button to find the right helplines at your fingertips, and do a grounding exercise to put yourself back in control.

How is my data used?

The Wysa team may occasionally use some messages, which are completely anonymous, to train Wysa's chatbot to help improve its ability to have helpful conversations. No one outside of Wysa will ever have access to chat messages. Wysa will use the anonymous data gathered, such as how many times each of the programmes within Wysa are used and how many times the SOS button is triggered, to produce a report to show how useful Wysa has been support Emotional Wellbeing. This will not include any information about who is using it.

What should I do if I am having a crisis?

If you are in need of urgent support, Wysa has an 'SOS' button at the top of the screen. This will give you a list of emergency numbers you can call or text. The support advice you get from the helplines is confidential and not shared with Wysa. Wysa cannot provide an emergency response or in any other way alert 999 to your needs.

Is Wysa private?

Wysa is not a social media platform and users cannot message each other. No one will see what you share with Wysa, and it's completely anonymous. No email or sign-up is required within the app.

Once you have downloaded the app, all you need to do is open it and enter a nickname to get started!

Who will have access to my conversations?

Your day to day conversations with Wysa are completely confidential and no one will have access to them

How long do I have access to Wysa for?

You will have access for 12 months from when you download it.



Secure



Anonymous



Private