

PRESS RELEASE

FOR IMMEDIATE RELEASE

New Digital Mental Health Service Launches Across Leicester, Leicestershire, and Rutland.

- Tellmi, a digital mental health service, to replace Kooth and Togetherall
- All young people aged 11+ as well as adults across LLR can access the support anonymously for free
- Online Therapy available via self-referral

A new service has been commissioned to enhance mental health services in Leicester, Leicestershire, and Rutland (LLR). [Tellmi](#) is an evidence-based mental health service that provides digital pre-moderated peer support, and therapy. Launching in April 2024, the service has been commissioned for five years by NHS Leicester, Leicestershire, and Rutland Integrated Care Board, to replace the current offerings from Kooth and Togetherall.

Tellmi is a service available 365 days a year, through a native app or a web platform. It provides people with a safe and anonymous space to discuss their feelings, seek support, and receive pre-emptive counselling when necessary. To make the service more accessible, Tellmi will be working with all the main care providers. By collaborating with existing local authority mental health support systems, mental health teams, and Mental Health Support Teams (MHSTs) within schools, Tellmi will enhance and expand access to advice and support across LLR.

Alongside the support from Tellmi's ever-growing community, [Tellmi](#) will offer free text-based solution-focused brief therapy. This approach is designed to help individuals develop a positive outlook toward their future and recognise their existing skills and strengths, with no referrals or waiting lists.

Speaking on commissioning the service for all age groups across the region, Selina Tumani - All Age Mental Health Lead, and Geraldine Burdett - Children Young People's Mental Health Transformation Manager state that,

"Digital solutions have the potential to transform the way that mental health support is accessed. Tellmi can create an efficient and secure pathway for the local community to access the right support at the right time. The use of digital technologies can help to overcome the barriers that individuals face while seeking mental health support and improve the overall accessibility of services without any delay or inconvenience."

To find out more information visit www.tellmi.help or contact billie@tellmi.help

Tellmi is a BACP-accredited service and ensures that all counsellors hold the relevant qualifications and accreditations required for the service that they provide.