

A psychology of love and self awareness for the next generation

Selfology places the power of psychology in young people's hands, offering a personalised model for self discovery and healing.

Why we created Selfology

Too often, the opportunity to explore ourselves and our emotional lives is reserved for therapy rooms. But spaces for self-discovery should be **accessible**, and not just when we reach crisis point.

We believe every young person deserves access to the tools they need to understand themselves, so they can develop their inner resources and experience a positive sense of personal identity at a young age.

We believe it's time for a shift in our society's approach to helping young people. We believe it's time to remind them of the power they hold within themselves, to transform their internal reality and expand their sense of self.

Welcome to a psychology of love and self awareness for the next generation.

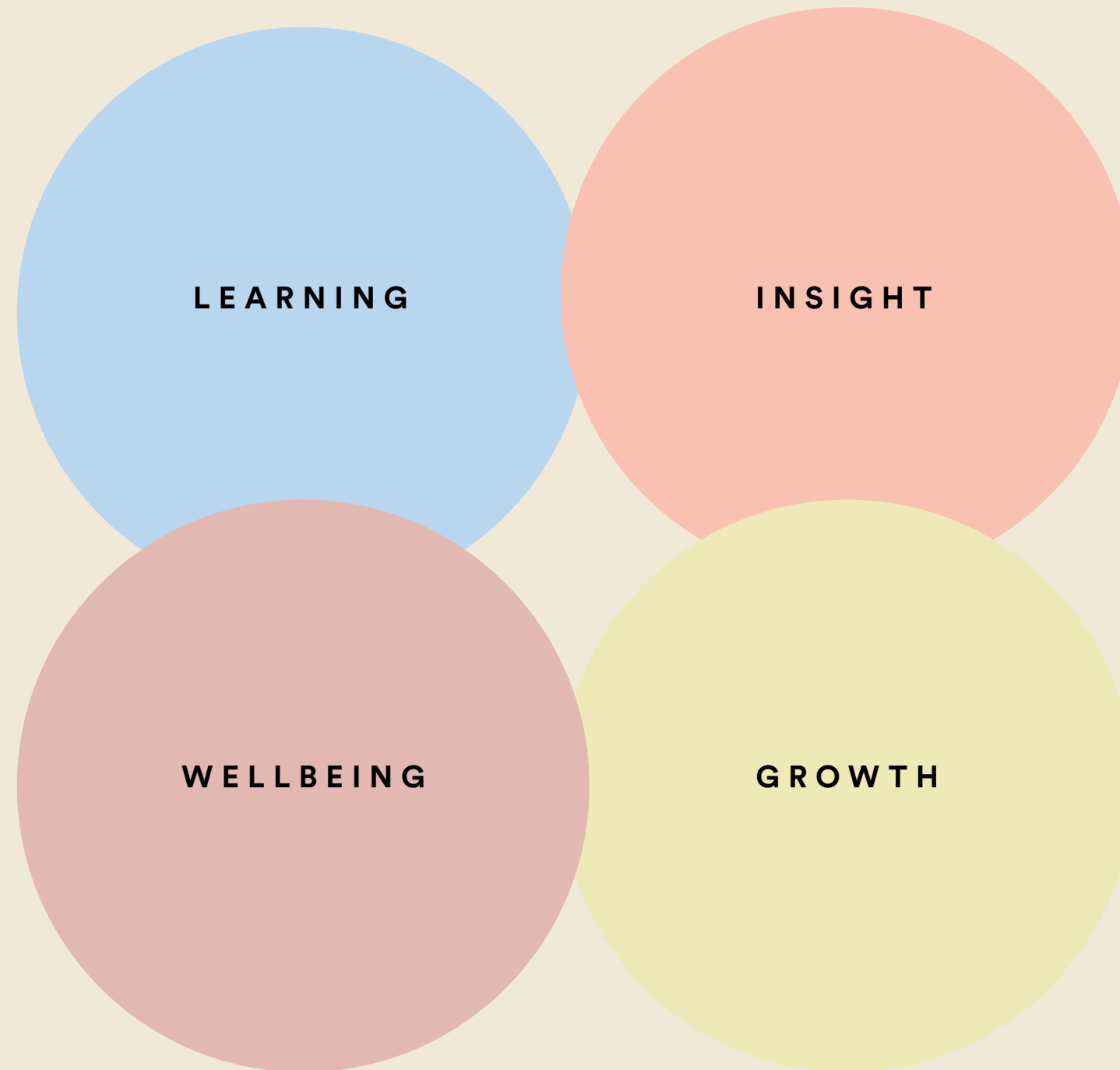
What is Selfology?

Selfology is a self-guided program that empowers young people to develop an expanded awareness of who they are. A space to build a deeper understanding of the relationship between their unique life experiences and sense of self.

Selfology offers a **non-clinical, online space** that supports wellbeing through enhanced personal and emotional awareness. An opportunity for self-discovery, growth and healing. An engaging self-directed platform that makes the powerful insights of psychology accessible, so that every young person aged 16-25 can become an expert of their inner world.

Through a combination of learning, self-enquiry and therapeutic exercises, young people are offered a space to find meaning in their life experiences and view past and present challenges as opportunities for growth. Providing guidance and skills for young people to trust and support themselves and to feel empowered and confident in who they are.

Selfology



Why Now?

For too long, our social systems have neglected the deeper emotional and psychological reality of young people's lives.

Emotional distress is a signal that young people feel alone in their suffering and like they don't have the tools to handle the complex reality of life. Without spaces to develop self-understanding, distress can feel unmanageable and alienating.

Young People's emotional Wellbeing is suffering.

Over the last two years, we asked more than 1500 young people what challenges they were facing. The top three issues they have shared are:

1. Academic Distress:

Pressure & expectations

2. Anxiety:

Fear & Self questioning

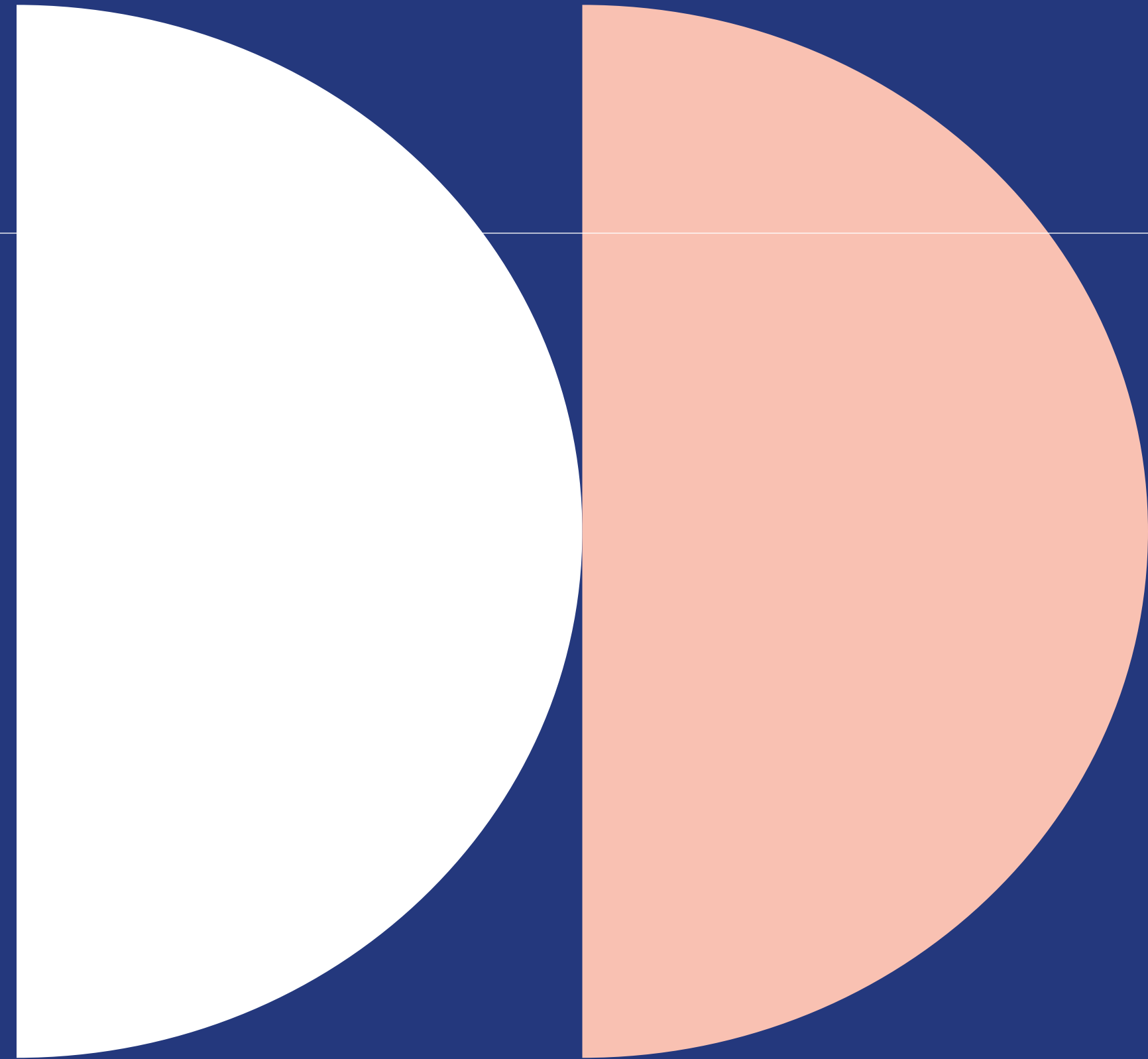
3. Depression:

Disconnection from self & a loss of meaning

Why Now?

And what was causing them:

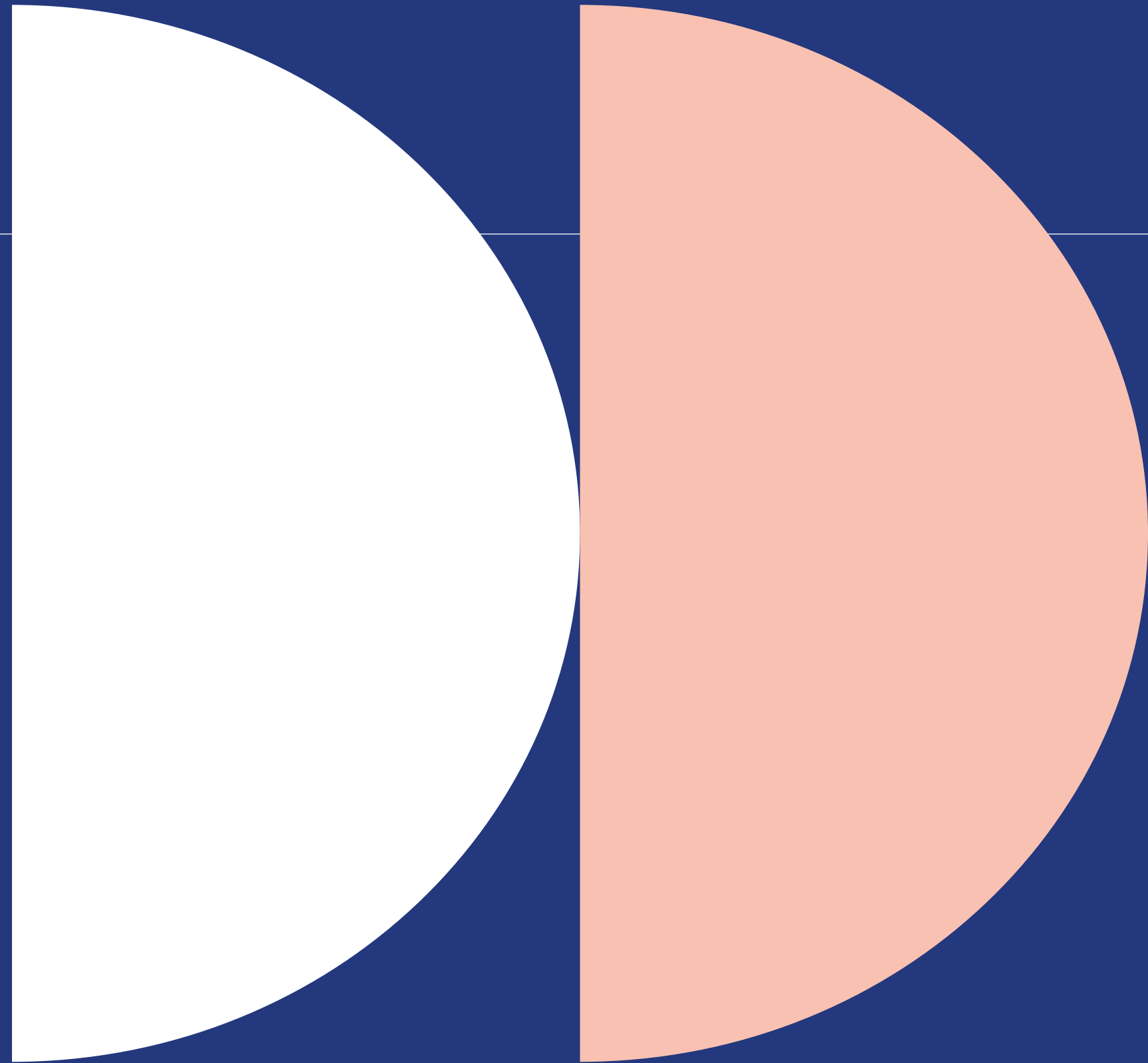
- 1.** Pressure to conform to preconceived notions of success
- 2.** Not having space for personal experiences to feel accepted and heard
- 3.** Not feeling prepared to handle the complexity of life



Why Now?

With increasing pressure to succeed in a changing world, young people need spaces to explore how their life experiences are impacting on how they view themselves and the world around them.

We have created Selfology to be that space.



Right now, services are overstretched

Government approaches to supporting young people's mental and emotional wellbeing are designed to meet young people at crisis point. But services are struggling to handle the number of young people in need.

On average, there is a 10 year delay between young people experiencing the first signs of emotional and psychological distress and getting help (1).

Even when in crisis, many young people can't access the support they need.

- Over a quarter of referrals to specialist children's mental health services were rejected in 2018-2019.
- This amounts to approximately 133,000 children and young people being turned away when they have asked for help.

Right now, services are overstretched

Antidepressants are increasingly being relied on as the first line of response, but young people need to feel a sense of choice.

- In most countries, antidepressant use has considerably increased in children and adolescents over the last 10–15 years (2–3), despite suicidality warnings, the serious limitations of the evidence-base (4), and ongoing controversies surrounding risks and benefits (5).

- But only 1 in 100 GP's agree that antidepressants are the best treatment for depression in adolescence.

It's clear that current ways of helping young people are unsustainable.
We need a different approach.

And schools are struggling

Our education system has not been designed to prioritise the emotional and psychological wellbeing of every student.

Schools want to help, but they are feeling the pressure.

Safeguarding teams and school staff are an essential part of the system, but they don't have the time and resources to provide the response that is needed.

School staff are under increasing pressure to help resolve the emotional distress that their students are struggling with.

Teachers struggle with similar challenges of being pressed for time and feel the burden of not being able to meet the level of need.

School counsellors are an essential service in schools but waiting lists and stigma often deter young people from seeking support.

What young people say

65%

say the education system isn't responsive to their individual needs

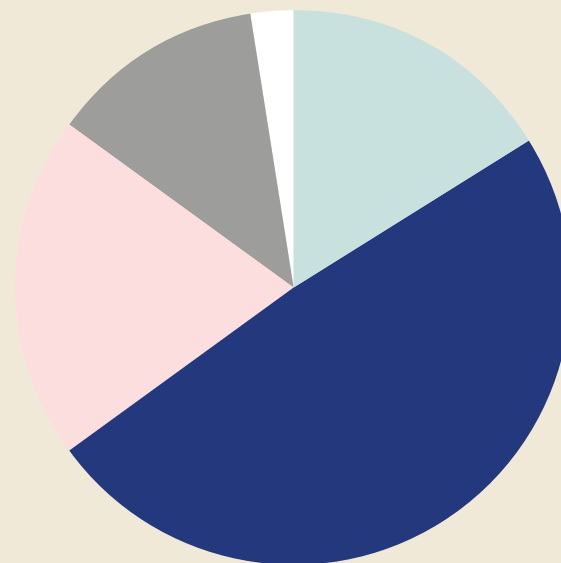
58%

say schools don't support their mental health and wellbeing

Without a space to work through their challenges and feel heard, young people can't learn effectively or meet their full potential. Schools need help, to ensure every student has access to help when they need it.

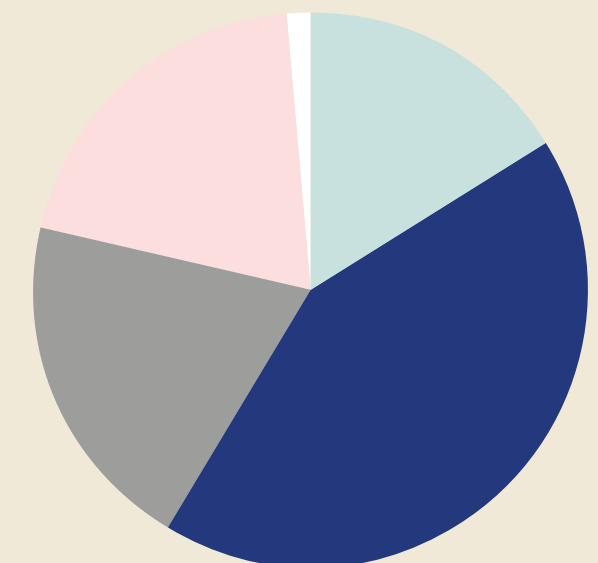
* Research conducted by States of Mind.

The education system responds well to the individual needs of students



49% Disagree
16% Strongly Disagree
20% Not Sure
20% Agree
20% Strongly Agree

Mental health and wellbeing are supported by the education system



43% Disagree
16% Strongly Disagree
20% Not Sure
20% Agree
1.25% Strongly Agree

Right now, there are no clear ways for young people to learn how to navigate the emotional demands of growing up in the modern world.

Mental health services and schools will never be able to meet the needs of every young person because emotional distress is a part of being human. It shows up in our lives as a natural response to everyday challenges, but when unaddressed, it can lead young people to breaking point.

We can't prevent distress, but we can prevent crises and help young people to feel supported and less alone in times of need. It's time for a preventative approach to support young people's mental and emotional wellbeing.



It's time for a preventative approach to support young people's mental and emotional wellbeing

Young people need **accessible and personalised** ways of supporting themselves through complex experiences and emotions.

By offering this, we honour their ability to develop insight, skills and self knowledge that can help them respond to their distress in compassionate and healthy ways.

By taking a preventative approach and giving young people opportunities **to reflect and learn about their inner world**, we can reduce the need for professional services and embed opportunities for **growth and awareness** into young people's everyday lives.

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The story behind Selfology

We are States of Mind, a social enterprise that was Founded to develop a new approach to supporting young people's wellbeing.

Our organisation has been designed and developed alongside young people for the past 4 years. We listen, collaborate and design new systems of support that can operate outside of professional services.

While working in partnership with London schools, young people have told us what they want:

- Access to a more sophisticated and in-depth understanding of their personal psychology**
- An understanding of how to support themselves in the face of life's difficulties and overcome the problems holding them back**
- The opportunity to know how to support the people they love and care about in times of need**
- To feel truly valued and acknowledged for who they are, not just their academic achievements**

The story behind Selfology

Most essentially, young people want to understand themselves and authentically contribute to the world they live in.



With this in mind, we have collaborated with young people to create Selfology.



Selfology

Selfology is... a fresh start for young people

Selfology is a self-guided online programme that offers a holistic approach to supporting young people's personal growth and wellbeing.



Our curriculum focuses on different dimensions of personal identity and brings psychological theory and practice to life, guiding young people to develop a more intimate and compassionate relationship with their sense of who they are.

‘Mental health’, is put to the side and internal experiences are given **language, meaning and an opportunity for transformation.**

It is important to us that young people are given the freedom to choose how they make sense of their personal experience.

Our Curriculum

1. Body, Feelings, Mind:

Explores the inter-relationship between our body, feelings and mind. Young people are introduced to a series of practices that promote self awareness, emotional regulation and mental clarity.

2. Identity & Personality:

Explores how our personal history shapes our sense of self and how we interact with the world around us. Through guided meditations and therapeutic models, young people explore how experience impacts self perception and personal identity.

3. Family & Relationships:

Views relationships through a developmental lens and explores the qualities of personal relationships that promote growth and self esteem.

4. What is mental health?

Mental health is explored from a biological, psychological, social and spiritual framework. Young people will explore current debates and new approaches in the field of mental health, offering them a sense of choice in how they make sense of personal experiences of distress in their lives.

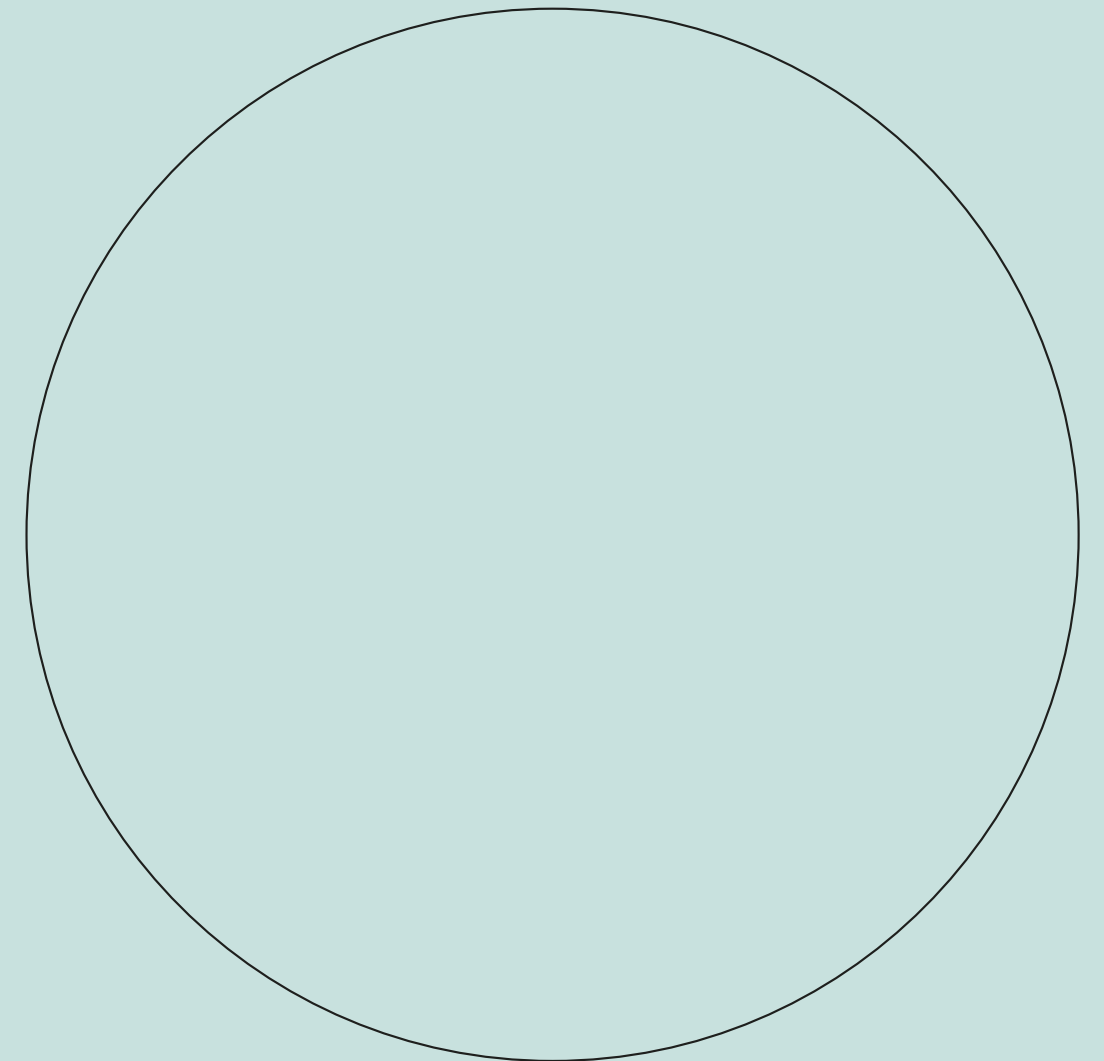
Our Curriculum

5. Anxiety and Personal Growth:

Explores how fear and limiting beliefs impact our view of ourselves and our role in the world.

6. Depression:

Explores the complexity of depression, what makes people vulnerable to periods of depression and how to respond compassionately to periods of depression in their life.

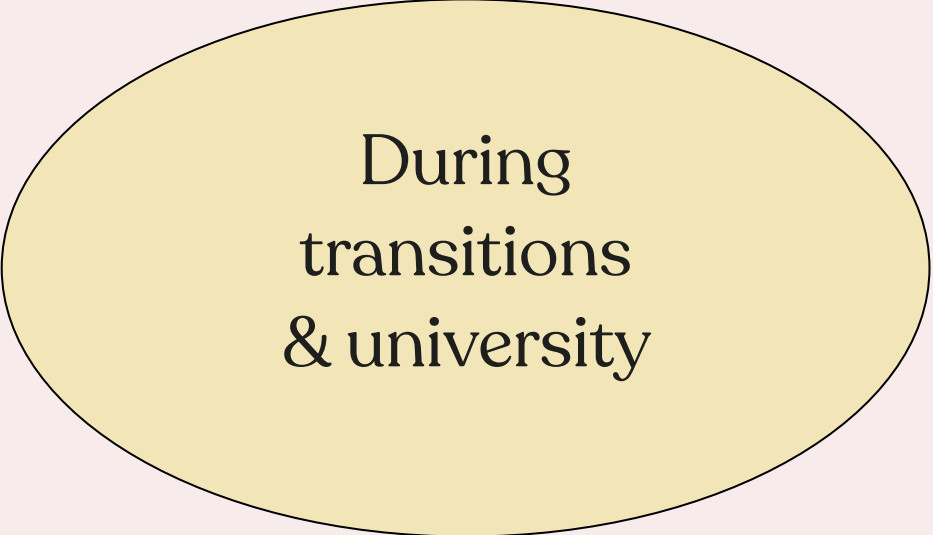


Is already making an impact...

It is now being used by young
people aged 16-25



In UK schools



During
transitions
& university



In community
settings

What young people say:

This course for me had a role aimed at finding heroes within ourselves and giving us the push to start living our true potential. This is a necessary course for adolescents in the UK and all over the world

Aliyah, 17

Selfology helped me to respect and develop a true appreciation for the complexity of life and while this entails some difficult times, I am more able to respond with love

Ella, 18

Selfology breaks down mental health and wellbeing and makes it about you'

Young person, Foyer Federation

What teachers & educators say:

“Selfology allows a flexible approach, with the potential for pastoral staff to use as a 1:1 intervention with students and also for whole cohorts to experience the programme. We would highly recommend that schools participate in this unique and proven wellbeing intervention.”

Ben Webster, Deputy Head, London
Academy of Excellence

What teachers & educators say:

“Selfology has provided an incredible opportunity for self guided development of wellbeing skills. The students that have engaged with this course have consistently reported how it gives them the stimulus and guidance to reflect on their own experiences and wellbeing in a constructive and purposeful manner. The course builds lifelong skills for self awareness and tools that develop positive approaches to wellbeing that every student (and adult!) will find useful. It has been particularly helpful to support students who have experienced personal difficulties and provides them with the tools to learn how to manage their wellbeing before it escalates to a point of crisis.”

Alex Henderson, Deputy Head of Sixth
form, School 21

What teachers & educators say:

“We have been fortunate to be part of the States Of Mind programme for the last two, very challenging, years for schools and colleges. We have seen learners taking part growing in confidence, being able to speak publically and be vocal about their issues which has been enlightening. Learners joining us for the first time in Year 12 took to the programme with ease, largely due to Bea’s enthusiasm for the programme. As the year has gone on, States of Mind have moved with the times and their programme is now accessible online for all to use and learn from”

Gloria Gold, Vice Principal, London
Design and Engineering College

How to join the Selfology movement

[Sign up to access our online platform](#)

Joining Selfology* is simple. You can access our platform on a subscription basis at any time.

If you are a parent, educator or professional looking to provide your child or any young person with access to Selfology, simply purchase a subscription at selfology.io

* Selfology is owned by States of Mind, a non-profit social enterprise. All profits from Selfology contribute to States of Mind's social mission. Find out more here. [Link the website](#) / (Click on States of Mind logo to take us to website.)

Subscriptions and Pricing

1 Month

£8

6 month

£40

1 Year

£76

Concessions & Discounts

We want Selfology to be accessible for everyone.

We offer concessionary prices for individuals, schools and organisations too. Get in touch at info@statesofmind.org to find out more.

If you are a school, university or organisation looking to purchase Selfology for more than 500 young people, get in touch at info@statesofmind.org to enquire about our discounted rates for organisations and institutions.

Selfology Facilitator Training

Selfology has been developed from over 3 years of in-person workshops with psychologists and young people aged 14-25. Selfology is both an online, self directed platform and a new mental health curriculum that can be delivered outside of clinical settings.

We offer training for mental health professionals, school staff and professionals who are interested in working with young people in a new way. Our curriculum offers a non-clinical, person centered and collaborative programme that enhances young people's confidence, self awareness and authentic expression.

On completion of the training, all practitioners are provided with Selfology Facilitation Guides and the opportunity for ongoing consultation and support from States of Mind.

Each guidebook provides facilitators with guidance for delivering up to 5, 2 hour sessions on key areas related to young people's wellbeing and personal growth.

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It's time to build this
movement, together.

For information on our upcoming
training dates and costs, please
contact info@statesofmind.org,
or visit [Selfology.io](https://selfology.io) for more
information.

