wysa
Use Wysa, Feel Better

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

Strong body. Strong mind. Strong game.

Your performance isn't just about your physical health. Your mental health matters just as much.

Whether you're training, competing, or just trying to stay active, your mindset plays a huge role in how you perform. The pressure to win, balance school work, deal with injuries, or stay confident can be tough, even for the strongest athletes. **Looking after your mental health is part of being at your best.**

Wysa is a free, confidential mental health support app for all young people aged 16-17. Learn tools to handle stress, low mood, performance anxiety, and build confidence. **Your mind is just as important as your muscles**. Take care of both, and you'll feel the difference on and off the pitch.

Here's how Wysa can help

- 24/7 support from an empathetic AI chatbot trained in evidence-based techniques
- AI-detected crisis escalation pathways gently guide users toward immediate support options
- A library of science-backed self help tools for stress, sleep, motivation, and more
- Daily check-ins to help build mental fitness, and a personal roadmap tailored to your wellbeing goals



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Exams test your knowledge. Stress tests your mind.

Big exams? Big pressure? You don't have to deal with it alone.

Exams can feel like everything. Constant revision, pressure to get good grades, teachers checking in, parents asking how it's going... all while you're trying to have a life outside school. If you're stressed, losing sleep, struggling to focus, or just feeling low about it all, that doesn't mean you're failing. It just means you're human.

Wysa is a free, confidential app for young people aged 16-17 to chat anytime (yes, even late at night), get tools for exam stress, and much more. No sign-ups, no awkward conversations, just a safe space to sort out what's going on in your head.

Looking after your mental health won't replace revision. But it will make it easier to get through it.

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Free emotional wellbeing **support for young people.**

Anonymous | Private | 24/7 Access

Wysa is an AI chatbot that has been commissioned by Cheshire and Wirral NHS Foundation Trust to give you a safe, non-judgmental space to talk about anything and everything that's bothering you. Let off steam and share your worries. Wysa is here to listen.

Available to all young people aged 16-17, 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.

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